THE SECRET TO LOVING YOUR GF LIFESTYLE

FREE-FROM HEAVEN

Gluten-Free HEAVEN

APRIL/MAY 2015

101 must-try RECIPES



Discover Honeybuns' secret to sponge cake success

NEW SERIES
RECIPES FOR THE WEEKEND

The perfect way to indulge with friends... Afternoon tea

Embrace natural foods with Hemsley & Hemsley

Gluten-free lemon drizzle cakes with freeze-dried raspberries, p24

20 TOP TIPS for GF cooking on a budget

GF BASICS
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Gluten-Free HEAVEN

Welcome



Having been up to the *BBC Good Food Eat Well Show* in London recently, I was pleased to see that, although it was not an allergy specific event, there were several stalls that catered directly for the gluten-free consumer. By definition the show was targeting healthy eating and so, by that reasoning, the gluten-free produce available adhered to that maxim. I mention this because we have received several enquiries as to why gluten-free food is so high in fat and sugars. It seems that producers, in their desire to fuel the needs of a restricted audience, sometimes forget that just because what they offer does not contain gluten, it doesn't necessarily make it something you would healthily want to eat. Although this is still an issue with a lot of products on the market, the tide does seem to be on the turn.

I hope you like the fresh new look and content of this issue. We have responded to your suggestions and added nutritional information for every recipe, included several new features, brought in the experts to answer your questions and much more. To coincide with this redesign, we have also launched a brand new website (www.freefromheaven.com) featuring essential free-from information, recipes, giveaways, competitions, news, events and inspiration. We want this to be your community, where you can keep up-to-date with all free-from issues and get involved in the day-to-day journey of a free-from lifestyle. We'd love to know what you think...

Nick

Nick Gregory *Deputy Editor*



Cover image
Lemon drizzle cakes © Stockfood, The Food Media Agency

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Turn to page 46 to take advantage of this month's special *Free-From Heaven* subscription offer.





HEMSLEY & HEMSLEY

Acclaimed sisters Jasmine and Melissa take the confusion out of eating healthily on page 82.



NEW SERIES

MIDWEEK MEALS

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Discover the secrets of healthy and nutritious gluten-free living...



NUTRITIONAL INFORMATION

Our symbols

- GF Gluten-free
- SF Sugar-free
- DF Dairy-free
- EF Egg-free
- MF Meat-free
- V Vegan

We have adopted the nutritional criteria used by the **British Food Standards Agency** (FSA) who define the colours in its traffic light labels based on comprehensive scientific studies and consultations. This system uses a reference value of 100 grams for food products and 100 millilitres for drinks and classifies levels of fat, saturated fat, sugars and salt as low (green), medium (amber) or high (red). We have added Protein.

Daily GDA's

Calories	2,000 kcal
Protein	50g
Carbohydrates	300g
Sugars	25g
Fat	70g
Saturates	20g
Salt	6g

Low Medium High



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Essential information

- We use **standard UK measurements**, where 1 tbsp is 15ml and 1 tsp is 5ml.
- Our **vegetarian recipes** often include cheese. Some may contain animal rennet, so check the label and use a vegetarian substitute if you prefer.
- Where we use a gluten-free, sugar-free, dairy-free, egg-free, meat-free or vegan symbol, we recommend you **check the ingredients** list of any manufactured products you use – even if you use them regularly, as manufacturers change their recipes.

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Free-From HEAVEN

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PPA independent publisher awards 2014 winner – Independent Publishing Company of the Year

ANTHEM PUBLISHING PPA

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In season

Find out which seasonal ingredients to use in your recipes during April and May...



RHUBARB

Rhubarb (*Rheum rhabarbarum*) is a species of plant in the family *Polygonaceae*. Most commonly, the plant's leaf stalks are cooked with sugar and used in pies and desserts. Rhubarb grows year-round in warm climates, but in temperate climates the above ground portion of the plant completely withers away at the onset of freezing temperatures. Obtaining fresh rhubarb out of season is difficult in colder climates. Rhubarb thrives in areas of direct sunlight and appears in its forced variety from January and naturally grown from April.

Also in season...

- Apricot
- Peas
- Jersey Royals
- Thyme
- Gooseberries
- Spinach
- Crab
- Dill





Rhubarb loaf cake

GF

Serves **8-10** | *Prep* **20 mins** |
Cook **45-55 mins** | *Calories* **315** *(per slice)*

190g (7oz) gluten-free plain flour
2 tsp gluten-free baking powder
½ tsp salt
190g (7oz) caster sugar
3 free-range eggs
125ml (4½fl oz) sunflower oil
250ml (9fl oz) créme fraîche
finely grated zest of 1 orange
2 tbsp orange juice
200g (7oz) rhubarb, chopped
icing sugar, for dusting

1. Preheat the oven to 180°C/Gas Mark 4. Grease a 900g (2lb) loaf tin.
2. Sift the flour and baking powder. Stir in the sugar and salt and set aside.
3. Whisk together the eggs, oil and créme fraîche in a mixing bowl until thoroughly mixed. Stir in the orange zest, juice and rhubarb. Gently fold in the dry ingredients until well mixed.
4. Put the mixture into the tin and bake in the oven for 45-55 minutes until golden brown. Cool in the tin for 10 minutes, then place on a wire rack to cool completely.
5. Sift icing sugar over the top of the cake before serving.



Rhubarb and vanilla tart

GF

Serves **8** | *Prep* **25 mins** *plus 30 mins for chilling* |
Cook **40-45 mins** | *Calories* **467** *(per serving)*

FOR THE PASTRY

300g (11oz) gluten-free plain flour, plus extra for dusting
a pinch of salt
150g (5oz) butter
70g (2½oz) sugar
1 free-range egg, beaten

FOR THE FILLING

150ml (5fl oz) water
200g (7oz) sugar
450g (1lb) rhubarb, chopped
2 free-range eggs
75ml (2½fl oz) double cream
1 tsp vanilla extract

TO DECORATE

mint leaves

1. For the pastry, sift the flour into a bowl and add the salt. Rub in the butter until the mixture resembles breadcrumbs. Stir in the sugar and egg until the mixture just comes together. Roll the dough into a ball, then wrap in clingfilm and chill for 30 minutes.
2. Preheat the oven to 180°C/Gas Mark 4. Grease a 25cm (10in) tart tin.
3. Roll out the pastry on a floured surface and use it to line the tin. Prick the pastry, line the case with baking paper, then bake for 15 minutes. Remove the paper and beans.
4. Reduce the temperature to 150°C/Gas Mark 2. Heat the water and half the sugar in a pan. Bring to a boil, add the rhubarb and cook for 3 minutes. Set aside to cool.
5. Whisk together the eggs and remaining sugar until light and fluffy and trebled in volume. Fold in the cream and vanilla.
6. Spread the rhubarb over the base of the pastry case. Pour over the custard.
7. Bake for 25-30 minutes until the topping is set. Decorate with mint leaves.

All recipe development and food photography © Stockfood, The Food Media Agency

17.6g Total fat	4.2g Saturates	0.1g Salt	19.9g Sugar	4.5g Protein

20.8g Total fat	12.4g Saturates	0.2g Salt	34.7g Sugar	6.8g Protein

What's April/May cooking?

Keep up to date with all the latest gluten-free happenings

THE UK'S FIRST PALEO AND FREE-FROM RESTAURANT

THE HOTTEST PLACE IN TOWN

Following an exceptionally successful run as a monthly pop-up in Sussex, Pure Taste has opened its 100 per cent gluten-free restaurant on London's Westbourne Grove. The restaurant caters for the paleolithic and many other specialist diets and provides a gourmet menu and fine dining experience, which would impress any culinary audience.

Nutritional therapist, chef and chemistry graduate, Holly Redman, is the driving force behind Pure Taste. As a coeliac herself, Redman knows the difficulties of eating out with special requirements. "The project is a culmination of everything I love and my experiences so far. The scientist in me loves the scientific challenges of working with unusual ingredients, while the nutritionist and chef relishes being able to create amazing, healthy dishes that people will love to eat, whether or not they have food sensitivities."

Pure Taste restaurant is 100% gluten-free, which means no gluten on site at all, whereas contamination is more likely in restaurants with 'gluten-free options' on their menu. Pure taste also caters for those following the paleo diet, dairy-free, grain-free, legume-free, egg-free, low carb, low FODMAP, vegetarian and vegan. The menus at Pure Taste change monthly and focus on seasonal, local ingredients and free-range or wild meats and fish. The restaurant also has an exclusively organic and biodynamic wine list as well as a range of gluten-free beers, ciders, alcoholic and non-alcoholic cocktails.

115 Westbourne Grove
W2 4UP
London
0207 727 5000
www.puretasterestaurant.com



FROM THE SOCIAL MEDIA VAULTS

More than 100 top chefs have attacked EU rules that force restaurants to specify dishes which contain specific allergens, warning that "significant damage" is being inflicted on the catering industry, hurting "spontaneity, creativity and innovation".

Here is a small sample of exactly what you thought of that...

In my experience as a coeliac and a chef, I think the regulations are excellent. As for reducing creativity and spontaneity, it should increase it, not reduce it.
Julia Reid

They could get creative in making more allergy friendly foods! Spontaneity? No problem – that is what specials boards are for. Being allergy friendly is innovation in itself.
Chantal Blake

I cannot believe top chefs would not agree to these regulations. Let them experience an attack by eating something they are intolerant to. A good chef should be able to alter any dish to suit the diner.
Diana Winstone

Follow us on Facebook @ Free-From Heaven and send us your top tips.

FREE-FROM HEAVEN LAUNCHES BRAND NEW WEBSITE!

FREE-FROM HEAVEN IS PROUD to announce the launch of its new website, which features all the essential free-from information, recipes, giveaways, competitions, news, events and inspiration. We want this to be your community and hub, where you can keep up-to-date with all the latest free-from issues and get involved in the day-to-day journey of a free-from lifestyle. We'd love to know what you think. We will feature all the main free-from diets including paleo, gluten-free, dairy-free, sugar-free, egg-free and vegan. Find us at www.freefromheaven.com





BEETROOT

The beetroot is the taproot portion of the beet plant. It is rich in nitrates and important as part of a balanced diet to help reduce blood pressure. The usually deep purple roots of beetroot are eaten either boiled, or roasted as a cooked vegetable, cold as a salad after cooking and adding oil and vinegar, or raw and shredded, either alone or combined with any salad vegetable. The green, leafy portion of the beet is also edible.



GET BAKING FOR OUR HEROES THIS SPRING

Whether you take a cake to work and get donations for each slice, or hold a 'Colossal Cake Sale', every lovely treat really does make a difference.

The Bake for Heroes fortnight runs from 18 April - 4 May. If this doesn't work for you, you can hold your event on a date that does.

Register now to hold your own bake sale and help to make a difference this spring.

Visit www.helpforheroes.org.uk for more information.

HELP *for* HEROES
Support For Our Wounded

Gluten Free Uprising

Gluten Free Uprising Ltd (previously known as Feelgood Foodies) is a South Wales based company producing numerous gluten-, wheat- and dairy-free products, with some that are also egg-, soya- and nut-free. The products have been developed following years of cooking for family members with intolerances. Recipes have been refined and developed with love, care and laughter and are simply delicious. Their ready-to-roll gluten-, wheat- and dairy-free shortcrust pastry, is on the shortlist for the Innovation category in the 2015 Free From Awards, and is available online at www.uprising.gf

free from food awards 2015 shortlisted



JOIN IN COELIAC AWARENESS WEEK

COELIAC AWARENESS WEEK TAKES place from the 11th-17th May.

While awareness of coeliac disease and the gluten-free diet is growing, there is still low awareness of the symptoms and how they affect people differently before diagnosis.

Coeliac UK believe people may also be potentially linking their symptoms to other conditions or not treating them seriously enough to seek further help. Creating a stronger link between their symptoms and coeliac disease will help people become more informed, empowered and confident to have their symptoms investigated and seek a diagnosis.

Coeliac Uk will be releasing further information about the week nearer the time. Visit www.coeliac.org.uk for more information

Upcoming Events

FreeFrom Food Awards

The winners of the 2015 FreeFrom Food Awards will be announced and presented with their certificates by Antony Worrall Thompson at an invitation-only party in central London on April 22nd. We will keep you up-to-date on all the runners, riders and those first past the post!

Information www.freefromfoodawards.co.uk

Vegfest UK @ Bristol

VegfestUK Bristol 2015, the UK's biggest vegan event, is a unique hybrid of vegan food/info during the day, and live DJ's in the evenings. The show runs for 2 days, opening its gates to the public from 11am-10pm on Saturday May 23rd May, and 11am-9pm on Sunday May 24th.

Information www.bristol.vegfest.co.uk

Cake, Bake & Food Festival

The festival takes place from the 22nd-25th May in Gosport, Hampshire. There are a wide variety of street and market foodie stalls, vans and pop-up restaurants, a huge exhibition of cake, bake and food demos. The Free From Valley will be the part of the festival for those that love food but suffer with food related allergies. Some of the world's top food producers, chef's and bakers will be joining so you can still enjoy food the way you should without the worry.

Information www.cakebakefood.com

Head online to visit our new look website today!

Love *Gluten-Free Heaven* and *Free-From Heaven* magazines? You can now enjoy free-from recipes and information all month long – even once you've read your magazine from cover to cover – with our new look *Free-From Heaven* website. Launching on 27 March, www.freefromheaven.com features essential information on gluten-free, dairy-free, sugar-free and vegan diets, plus exclusive features, product directories, your experiences, weekly giveaways and much more! Head online now to join our free-from community!



A week of daily giveaways starts 27th March

JOIN US ONLINE FOR

- Essential information on free-from diets
- Weekly giveaways
- The best free-from recipes
- Share your experiences!

For all this and much more, go straight to
www.freefromheaven.com

Gluten-Free HEAVEN Menu

Prepare tempting dishes all week with these delicious menus to suit every gluten-free occasion

The perfect afternoon tea



Kale and herb muffins p16



Passion fruit cheesecake p96



Lemon drizzle cakes p24

Friday night feast



Crab and dill tart p50



Mum's burgers p74



Avocado lime cheesecake p85

Sunday lunch with friends



Courgette & fennel fritters p64



Spanish baked paella p74



Chocolate beetroot mudcakes p105

Tasty Teatime Treats

With the weather warming up and the days getting longer, it's the perfect opportunity to add another meal into your day's schedule. An afternoon tea fits the bill perfectly...

The recipes on pages 14-15 and the muffins on page 16 are taken from *Greens 24/7* by Jessica Nadel, photography by Jackie Sobon, published by Apple Press. (RRP £14.99).



Sweet spinach pancakes

By Jessica Nadel

GF DF EF V

Serves **2-3** | *Prep* **5 mins** | *Cook* **10 mins** | *Calories* **301** *(per serving)*

125g (4½oz) gluten-free flour
1 tbsp gluten-free baking powder
a pinch of salt
1 tbsp brown sugar
½ tsp cinnamon
125ml (4½fl oz) almond milk
30g (1oz) spinach
1 banana, peeled
maple syrup and berries, to serve

1. Mix the flour, baking powder, salt, sugar and cinnamon together in a large bowl. Set aside.
2. Combine the remaining ingredients in a food processor and process until smooth. Add the wet mixture to the dry and stir gently to combine. .
3. Heat a lightly oiled griddle or large frying pan. Pour the batter onto the griddle, 60ml (2fl oz) at a time, leaving room between the pancakes. Cook until small bubbles appear in the centre of the pancakes, then flip and continue cooking for about 5 minutes per side, until golden in colour. Serve with maple syrup and berries.

10.9g	9.2g	0.2g	10.2g	4.2g
Total fat	Saturates	Salt	Sugar	Protein

Courgette waffles

By Jessica Nadel

GF DF EF V

Serves **2** | *Prep* **10 mins** | *Cook* **8 mins** | *Calories* **291** *(per serving)*

100ml (3½fl oz) coconut yoghurt
60g (2¼oz) courgette, grated
1 tbsp coconut oil, melted
100g (3½oz) gluten-free flour
1 tbsp maple syrup
50g (1¾oz) gluten-free oats
1 tbsp gluten-free baking powder
1 tsp cinnamon
maple syrup and berries, to serve

1. Preheat a waffle maker if you have one. If not heat a griddle pan over a medium heat. .
2. Mix together the yoghurt, courgette, oil and maple syrup. In a separate bowl, mix together the dry ingredients. Combine the wet ingredients with the dry.
3. Cook the batter according to the waffle maker instructions. If using a griddle pan, brush with oil and add 125ml (4½fl oz) batter to the pan. Allow to cook for 3-4 minutes, then flip and cook for another 3-4 minutes, until golden. Repeat with the remaining batter. Serve with maple syrup.

10.5g	7.2g	0.1g	12.1g	9.9g
Total fat	Saturates	Salt	Sugar	Protein





Kale and herb cornbread muffins

By Jessica Nadel

GF SF DF EF MF V

Makes **10** | *Prep* **5 mins** |
Cook **25 mins** | *Calories* **200** *(per muffin)*

250ml (9fl oz) non-dairy milk (of choice)
1 tbsp apple cider vinegar
125g (4½oz) gluten-free plain flour
150g (5oz) cornmeal or polenta
½ tsp bicarbonate of soda
2 tsp gluten-free baking powder
1 tsp sea salt
60ml (2fl oz) vegetable oil
30g (1oz) torn kale leaves
2 tbsp fresh basil
2 tbsp fresh chives
1 small chilli (optional)

1. Preheat the oven to 180°C/Gas Mark 4. Grease ten holes of a 12-hole muffin tin.
2. Mix the milk and vinegar together in a small bowl and set aside to curdle.
3. Meanwhile, mix together the flour, cornmeal or polenta, bicarbonate of soda, baking powder and salt in a bowl. Whisk the oil into the milk, then add to the dry ingredients, mixing well to blend.
4. Finely chop the kale, basil, chives and chilli, if using, then gently fold into the batter.
5. Scoop the mixture into ten holes of the muffin tin and bake in the oven for 20-25 minutes, or until a toothpick inserted into a muffin comes out clean.

11.7g Total fat | 6.2g Saturates | 0.3g Salt | 0.9g Sugar | 3.1g Protein

Shortbread biscuits

By Frédérique Jules, Jennifer Lepoutre & Mitsuru Yanase

GF MF

Makes **30** | *Prep* **10 mins** |
Cook **15 mins** | *Calories* **134** *(per biscuit)*

100g (3½oz) cornflour
100g (3½oz) rice flour, plus extra for dusting
100g (3½oz) coconut flour
100g (3½oz) almond flour
100g (3½oz) icing sugar
½ tsp salt
250g (9oz) cold butter, cut into cubes
1 free-range egg yolk

1. Preheat the oven to 170°C/Gas Mark 3. Line a baking tray with greaseproof paper.
2. Combine the flours, almond flour, icing sugar and salt. Add the butter and rub with your fingers until the mixture resembles breadcrumbs.
3. Add the egg yolk and knead again with your hands until you have a smooth dough. Form into a ball. Dust a clean surface with rice flour and roll out the dough 5mm (¼in) thick. Use a cookie cutter to cut out biscuits in whatever shape you prefer. Place them on the baking tray and bake in the oven for about 15 minutes, or until golden.

9.3g Total fat | 4.9g Saturates | 0.1g Salt | 3.5g Sugar | 2g Protein

Recipe taken from *Good Without Gluten* by Frédérique Jules, Jennifer Lepoutre & Mitsuru Yanase, photography by Akiko Ida, published by Murdoch Books. (RRP £14.99).





Orange-cranberry muffins

By Danielle Walker

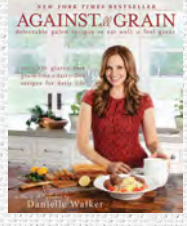
GF SF DF MF

Makes **12** | *Prep* **10 mins** |
Cook **20-25 mins** | *Calories* **282** *(per muffin)*

2 free-range eggs, at room temperature
60ml (2fl oz) orange juice
500g (1lb) almond flour
115ml (4fl oz) honey
115g (4oz) palm shortening
1 tbsp coconut flour
2 tsp vanilla extract
1 tsp finely grated orange zest
¾ tsp bicarbonate of soda
½ tsp nutmeg
¼ tsp sea salt
300g (10½oz) fresh cranberries

1. Preheat the oven to 180°C/Gas Mark 4. Grease a 12-hole muffin tin, or line the holes with paper cases.
2. Place a heatproof dish filled with 2 cups of water on the very bottom rack of the oven and position another rack in the centre of the oven.
3. Place all the ingredients, except the cranberries, in a high-speed blender or food processor in the order listed and blend for 30 seconds. Scrape down the sides, then blend again until very smooth. Stir in the cranberries by hand.
4. Spoon the batter into the muffin holes, filling each one two-thirds full.
5. Bake in the oven for 20-25 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.

Recipe taken from *Against All Grain* by Danielle Walker, published by Victory Belt. (RRP £23.07).



20g Total fat | 5.2g Saturates | 0.1g Salt | 12.7g Sugar | 6.1g Protein

Banana chia bread

By Kate Bradley

GF DF EF MF V

Serves **10** | *Prep* **10 mins** |
Cook **30-45 mins** | *Calories* **357** *(per slice)*

160g (5½oz) buckwheat flour
160g (5½oz) brown rice flour
55g (2oz) ground almonds
2 tsp gluten-free baking powder
80g (2¾oz) coconut sugar
1 tsp bicarbonate of soda
30g (1oz) flaxmeal
2 tsp cinnamon
1 tsp mixed spice
½ tsp salt
50g (1¾oz) walnuts
30g (1oz) chia seeds
60ml (2fl oz) plus 2 tbsp plant-based milk
4 large bananas, peeled
125ml (4fl oz) water
80ml (2½fl oz) maple syrup
60ml (2fl oz) plant-based oil
2 tsp vanilla extract

1. Preheat the oven to 180°C/Gas Mark 4. Grease a 10cm (4in) loaf tin and line it with baking paper.
2. Place all the dry ingredients, except the chia seeds, in a mixing bowl and stir to combine. Soak the chia seeds for 10 minutes in 2 tbsp milk.
3. In a bowl, mash 3 bananas until smooth. Add the other liquid ingredients and the chia seeds to the dry ingredients and stir to combine with a wooden spoon. Once combined, transfer to the loaf tin.
4. Slice the remaining banana in half lengthways and place on top of the mixture in the tin. Bake in the oven for 30-45 minutes, or until a metal skewer inserted into the centre of the bread comes out clean.
5. Let the banana bread cool completely in the tin before you take it out and slice it, to avoid the bread falling apart.
6. Spread with coconut oil, or nut butter of your choice and enjoy. If eating it after the first day, lightly grill the bread. Store in an airtight container for up to 3 days, or slice and place in individual plastic bags to freeze.

14.3g Total fat | 5.5g Saturates | 0.3g Salt | 21.4g Sugar | 7.4g Protein

Recipe taken from *Kenko Kitchen* by Kate Bradley, photography by Elisa Watson, published by Hardie Grant. (RRP £20).





Madeleines

GF MF

Makes **20** | *Prep* **10 mins** |
Cook **12-14 mins** | *Calories* **56** *(per Madeleine)*

3 tbsp oat flour

3 tbsp brown rice flour

3 tbsp potato starch flour, plus extra for dusting

½ tsp gluten-free baking powder

2 free-range eggs

5 tbsp sugar

1 tsp vanilla extract

75g (2½oz) butter, melted and cooled

1. Preheat the oven to 180°C/Gas Mark 4. Brush 20 holes of one or two Madeleine tins with melted butter and dust with flour.
2. Whisk together the flours and baking powder and set aside.
3. Whisk together the eggs and sugar until foamy and tripled in volume. Fold in the vanilla and melted butter, then sift in the flour mixture and fold in gently.
4. Spoon the mixture into the Madeleine tins, filling each hole about two-thirds full.
5. Bake in the oven for 12-14 minutes until the edges are golden. Remove the Madeleines from the tins immediately, then place on a wire rack to cool completely.

3.6g	2.1g	0g	3.1g	0.8g
Total fat	Saturates	Salt	Sugar	Protein

Spicy courgette, pepper and spinach muffins

GF SF MF

Makes **12** | *Prep* **15 mins** *plus 30 mins for chilling* |
Cook **20-25 mins** | *Calories* **244** *(per muffin)*

FOR THE PASTRY

240g (8oz) gluten-free plain flour, plus extra for dusting

a pinch of salt

120g (4oz) butter

60ml (2fl oz) water

FOR THE FILLING

80g (3oz) baby spinach, chopped

2 bell peppers, red and yellow, seeds removed, diced

1 courgette, roughly grated

5 free-range eggs

350ml (12fl oz) milk

150g (5oz) Cheddar cheese, grated

salt and freshly ground black pepper

grated nutmeg

1. For the pastry, put the flour and salt into a mixing bowl. Create a well in the middle and place the butter around the well. Pour the water into the well and quickly mix to form a dough. Shape into a ball. Wrap in clingfilm and chill for 30 minutes.
2. Preheat the oven to 190°C/Gas Mark 5 and grease a 12-hole muffin tin.
3. Roll out the pastry on a floured surface and cut out 10cm (4in) rounds. Place the rounds in the tin.
4. For the filling, mix together the spinach, pepper, courgette, eggs, milk and cheese and season to taste with salt, pepper and nutmeg.
5. Divide the mixture between the pastry cases and bake in the oven for 20-25 minutes until golden. Cool in the tin for 10 minutes before serving.

15g	8.8g	0.2g	2.7g	8.1g
Total fat	Saturates	Salt	Sugar	Protein

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Iced fruitcake

GF MF

Serves **10-12** | *Prep* **25 mins** | *Cook* **2-2¼ hrs** | *Calories* **483** *(per serving)*

FOR THE CAKE

100g (3½oz) sultanas

55g (2oz) candied peel, chopped

225g (8oz) glacé cherries, quartered

200g (7oz) raisins

50ml (1¾fl oz) sherry

110g (4oz) butter

225g (8oz) sugar

a pinch of salt

a pinch of grated nutmeg

1 tsp ground mixed spice

3 free-range eggs, beaten

225g (8oz) gluten-free self-raising flour

175g (6oz) blanched almonds, chopped

FOR THE ICING

250g (9oz) royal icing sugar

3 tbsp water

1. For the cake, place all the fruits in a bowl with the sherry, stir well, cover and leave to stand overnight.
2. Preheat the oven to 160°C/Gas Mark 3. Grease a 1kg (2lb) loaf tin and line the base with non-stick baking paper.
3. Beat the butter with the sugar, salt and spices in a mixing bowl until light and creamy, then gradually beat in the eggs.
4. Gently fold in the flour, followed by the soaked fruits and almonds, stirring well.
5. Spoon into the tin and bake in the oven for 2-2¼ hours, until cooked through. Leave to cool in the tin.
6. For the icing, mix the royal icing sugar with a little water, adding a little at a time, until it is thick and smooth.
7. Spread the icing on top of the cake, allowing it to run down the sides. Leave to set.

16.1g *Total fat* | 5.6g *Saturates* | 0.1g *Salt* | 51g *Sugar* | 7.1g *Protein*

Lemon and basil doughnuts

GF DF EF MF V

Makes **12** | *Prep* **25 mins** | *Cook* **8-10 mins** *plus 45 mins* | *Calories* **126** *(per doughnut)*

1 tsp crushed linseeds

4-5 tbsp mineral water

70g (2½oz) sorghum flour

60g (2oz) oat flour

50g (1¾oz) almond flour

20g (¾oz) coconut flour

1 tsp gluten-free baking powder

½ tsp bicarbonate of soda

1 tsp xanthan gum

a pinch of salt

a pinch of freshly ground black pepper

125ml (4½fl oz) apple juice

1 tbsp vanilla sugar

130g (4½oz) apple purée

3 tbsp vegetable oil

1-2 tsp finely grated lemon zest

120ml (4fl oz) mineral water, lemon flavour

a handful of basil leaves, finely chopped

finely grated zest and juice of 1 unwaxed lemon

80g (3oz) icing sugar

1. Preheat the oven to 200°C/Gas Mark 6. Grease the holes of a 12-hole doughnut tin.
2. Add the linseeds to the mineral water and leave to swell for 5 minutes.
3. In a bowl, mix together the four types of flour, baking powder, bicarbonate of soda, xanthan gum, salt and pepper.
4. In a separate bowl, beat the apple juice, vanilla sugar, apple purée, oil and lemon zest until light and fluffy. Whisk in the linseeds. Continue mixing, then add the flour mixture and mix in quickly.
5. Add enough lemon-flavoured mineral water to create a smooth, uniform dough. Stir in half the basil and transfer the mixture to the tin. Bake in the oven for 8-10 minutes. Cool in the tin.
6. Mix together the remaining basil and the lemon juice. Leave to infuse for about 45 minutes, then press through a sieve.
7. Sift the icing sugar into the mixture a little at a time, stirring, until thick.
8. Spoon the icing into a small piping bag and pipe stripes onto the doughnuts. Sprinkle with lemon zest and leave to set.

4.8g *Total fat* | 1.1g *Saturates* | 0.4g *Salt* | 10.2g *Sugar* | 1.9g *Protein*





Polenta friands with syrup

GF MF

Makes **12** | *Prep* **20 mins** |
Cook **35 mins** | *Calories* **383** *(per serving)*

FOR THE CAKES

160g (6oz) unsalted butter

175g (6oz) caster sugar

3 free-range eggs

190g (7oz) polenta

2 tsp gluten-free baking powder

225g (8oz) ground almonds

1 tsp finely grated lemon zest

50ml (1¾fl oz) lemon juice

FOR THE LEMON SYRUP

150g (5oz) caster sugar

1 tsp finely grated lemon zest

50ml (1¾fl oz) lemon juice

2 tbsp water

1. Preheat the oven to 180°C/Gas Mark 4. Grease 12 holes of a friand or muffin tin.
2. Beat together the butter and sugar until pale and creamy. Add the eggs, one at a time, beating well after each addition. Stir in the polenta, baking powder, ground almonds, lemon zest and lemon juice until combined.
3. Spoon into the tin and smooth the tops. Bake in the oven for about 25 minutes, until a skewer inserted in the centre comes out clean. Cool in the tin for 5 minutes, then place on a wire rack.
4. For the lemon syrup, combine all the ingredients in a pan over a low heat. Cook, stirring, for 5 minutes until the sugar has dissolved.
5. Increase the heat and bring to a boil. Boil, without stirring, for 2-3 minutes until slightly thickened. Remove from the heat. Spoon the syrup over cakes, then leave to cool.

21.5g	8g	0.1g	28.3g	6.7g
Total fat	Saturates	Salt	Sugar	Protein

Lemon drizzle cakes with freeze-dried raspberries

GF MF

Serves **8** | *Prep* **20 mins** |
Cook **30 mins** | *Calories* **465** *(per cake)*

180g (6oz) gluten-free plain flour

125g (4½oz) butter, melted and cooled

225g (8oz) caster sugar

1 tsp bicarbonate of soda

1 free-range egg

3 ripe bananas, mashed

1 tsp vanilla extract

finely grated zest of 1 unwaxed lemon

TO DECORATE

225g (8oz) icing sugar

lemon juice

freeze-dried raspberries

1. Preheat the oven to 180°C/Gas Mark 4. Grease eight 10x6cm (4x2½in) mini loaf tins.
2. Place all the cake ingredients together in a mixing bowl and beat well until blended.
3. Divide the mixture between the tins, then bake in the oven for 25-30 minutes, until a skewer inserted in the centre comes out clean. Remove from the oven and leave to cool completely in the tins.
4. Sift the icing sugar into a bowl and beat in just enough lemon juice to make a smooth thick icing. Drizzle over the cakes, then sprinkle with freeze-dried raspberries. Leave to set.

14g	8.5g	0.3g	61.9g	2.8g
Total fat	Saturates	Salt	Sugar	Protein





Sweet walnut muffins

GF MF

Makes **10-12** | *Prep* **20 mins** |
Cook **20-25 mins** | *Calories* **379** *(per muffin)*

250g (9oz) butter
150g (5oz) sugar
1 tsp vanilla extract
a pinch of salt
5 free-range eggs, separated
125g (4½oz) gluten-free plain flour
50g (1¾oz) ground walnuts
75g (2¾oz) cornflour
1 tsp gluten-free baking powder
2 tbsp cocoa powder
2-3 tbsp milk
125g (4½oz) chopped walnuts

1. Preheat the oven to 180°C/Gas Mark 4. Grease 10-12 mini Bundt tins.
2. Beat together the butter, sugar, vanilla and salt in a mixing bowl until creamy. Gradually beat in the egg yolks.
3. Whisk the egg whites until stiff, but not dry, then gently fold into the butter mixture, along with the flour, walnuts, cornflour and baking powder.
4. Place half the mixture in a separate bowl and stir in the cocoa powder and milk.
5. Spoon the chocolate mixture into the tins and top with the plain mixture.
6. Bake in the oven for 20-25 minutes until risen and springy to the touch. Cool in the tins on a wire rack for 5 minutes, then remove from the tins and place on a wire rack to cool completely.
7. Fill the centres of the cakes with walnuts.

27.7g	11.9g	0.2g	13g	7.4g
Total fat	Saturates	Salt	Sugar	Protein

Curd pudding

GF MF

Serves **8** | *Prep* **20 mins** |
Cook **45-60 mins** | *Calories* **456** *(per serving)*

150g (5oz) curd cheese
175g (6oz) butter
150g (5oz) sugar
5 free-range eggs, separated
2 tsp finely grated lemon zest
225g (8oz) ground almonds
2 tbsp chopped candied fruit
2 tbsp sultanas

1. Preheat the oven to 170°C/Gas Mark 3. Grease a 23x13cm (9x5in) loaf tin.
2. Beat the cheese until soft. Beat the butter until very soft, then beat in the cheese, followed by the egg yolks, sugar, lemon zest and almonds. Stir in the fruits.
3. Whisk the egg whites until stiff, but not dry, then gradually fold into the mixture.
4. Put the mixture into the tin and bake in the oven for 45-60 minutes until browned. Turn off the oven and cool completely in the oven.
5. Cut into slices to serve.

35.4g	13.7g	0.2g	23g	11.4g
Total fat	Saturates	Salt	Sugar	Protein

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Apple cinnamon cake

By Tea Novo (www.teaandmae.com)

GF MF

Serves **12** | *Prep* **15 mins** |
Cook **45-55 mins** | *Calories* **403** *(per serving)*

FOR THE APPLE FILLING

5 apples

75g (2¾oz) butter

2 tbsp cinnamon

FOR THE CAKE

100g (3½oz) ground almonds

200g (7oz) gluten-free self-raising flour

100g (3½oz) coconut sugar

100g (3½oz) butter

2 tbsp vanilla extract

3 free-range eggs, separated

200ml (7fl oz) nut milk

100g (3½oz) almond flakes

1. Peel and grate the apples. Melt the butter in a saucepan and add the apples and cinnamon. Sweat on a low heat for 10 minutes, until the apples are soft and have taken on the brownish cinnamon colour. Leave to cool.
2. For the cake, combine the almonds and flour in a bowl and mix with the nut milk. In another bowl, mix the egg yolks, sugar, butter and vanilla until creamy and smooth. Combine the two mixtures.
3. In another bowl, beat the egg whites until they form soft peaks. Gently fold into the mixture. Preheat the oven to 170°C/Gas Mark 3. Grease a 23cm (9in) springform cake tin with butter.
4. Grease the bottom and sides of a spring pan with butter. Add half of the cake mixture, then carefully spoon the apple filling over it. Don't go too close to the edge – your cake will look better. Pour out the second half of the cake mixture and sprinkle with almond flakes.
5. Bake in the oven for 45-55 minutes.

TIP If you don't have gluten-free self-raising flour, you can use rice flour, mixed with 2 tbsp gluten-free baking powder.

25.9g	12.1g	0.1g	18.3g	7.1g
Total fat	Saturates	Salt	Sugar	Protein



Hazelnut buns

By Tea Novo (www.teaandmae.com)

GF SF DF EF MF V

Makes **6 buns** | *Prep* **20 mins** *plus chilling* |
Cook **25 mins** | *Calories* **176** *(per bun)*

110g (4oz) gluten-free self-raising flour

100g (3½oz) ground hazelnuts

1 tsp baking powder

1 tsp chia seeds

1 tsp date syrup

100ml (3½fl oz) warm water

1. Preheat the oven to 160°C/Gas Mark 2½. Grease a baking tray with coconut oil.
2. Grind the hazelnuts, then mix with the flour, baking powder, chia seeds and date syrup.
3. Add the water and mix with your hands. The consistency should be a bit lighter than that of bread and a bit thicker than a cake mix.
4. Form the dough into six small rolls, place them on the baking tray, then bake in the oven for 25 minutes. Leave to cool before serving.

10.5g	0.9g	0.1g	1.9g	3.8g
Total fat	Saturates	Salt	Sugar	Protein

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The gluten-free grain store

As a self-confessed food lover, but seeker of healthier options, Laura Agar Wilson puts ancient grains on centre stage...



GLUTEN-FREE GRAINS

Whole grains contain all edible parts of the grain and are packed with nutrients including protein, fibre, B vitamins, antioxidants and minerals. For anyone suffering from gluten intolerance, the following grains can play a huge part in a healthy, balanced diet.

QUINOA

Quinoa is a small round grain that has a slightly bitter flavour and a firm texture when cooked. Discovered by the Incas, quinoa was first grown thousands of years ago, and today the most widely cultivated varieties are white, red and black. Due to its high oil content, quinoa is best stored in an airtight container in the fridge.



BUCKWHEAT

Originating from Asia, buckwheat is a fruit seed related to rhubarb and sorrel and has a unique triangular shape. Buckwheat is one of the healthiest, nuttiest and most versatile whole grains. It is available unroasted or roasted. Stored correctly in a sealed container in a cool, dry place, whole buckwheat can last for up to 12 months.



TEFF

Teff is a tiny grain, similar in size to a poppy seed, and is available in a variety of colours including white, red and dark brown. Found predominantly in Ethiopia and Eritrea, teff can thrive in difficult conditions, including waterlogged soils and during droughts. Stored in a tightly sealed plastic or glass container, teff will keep for up to 12 months.



MILLET

Millet is the name given to a group of small round grains, the hulled variety being the most commonly available. It was widely used in Asia before rice became the staple grain in the region. Millet becomes rancid fairly quickly, but, if kept in a sealed container, it will remain fresh for 2 months if stored in a cupboard, or for 4 months in the fridge.



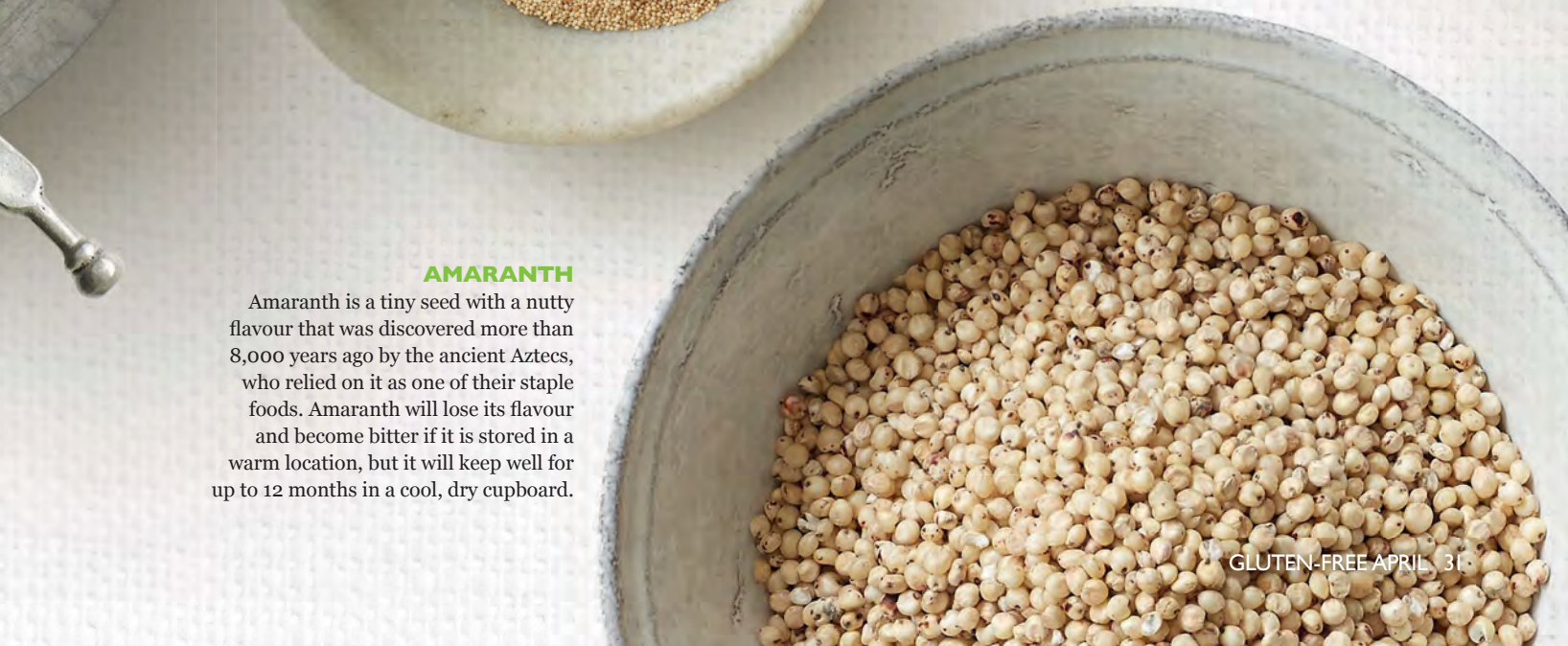
CORNMEAL

Cornmeal, also often referred to as polenta, is believed to have been discovered by Native Americans circa 5000 BC. It is derived from ground, dried corn and its consistency can be fine, medium or coarse. Cornmeal can retain its freshness for up to 12 months when sealed and stored in a cool, dry place.



SORGHUM

Native to Africa, sorghum is a small, round grain, ranging in colour from white and brown to red and black. White sorghum is most commonly used and can be ground and substituted for wheat flour. Left whole, it makes fantastic popcorn. Stored in a container in a cool, dark place, it will keep for at least 12 months.



AMARANTH

Amaranth is a tiny seed with a nutty flavour that was discovered more than 8,000 years ago by the ancient Aztecs, who relied on it as one of their staple foods. Amaranth will lose its flavour and become bitter if it is stored in a warm location, but it will keep well for up to 12 months in a cool, dry cupboard.

GRAINS CONTAINING GLUTEN

For anyone who is sensitive to gluten, a protein found in wheat and other grains, such as barley, it is best to avoid the grains shown here. In general, when buying grains, make sure they are tightly sealed. If you notice a musty or oily aroma, then the grains are not in the best condition.



BULGUR WHEAT

Bulgur wheat is parboiled, dried, then cracked, and is pale brown in colour with an irregular shape. When cooked, it has a delicious nutty flavour and a chewy texture. It is popular in Middle Eastern and Mediterranean cuisines. This grain should be stored in an airtight container and keeps well in a cool, dry place for up to 1 year.





BARLEY

A fabulously versatile grain, barley has a long and interesting history, originating in Ethiopia and South East Asia over 10,000 years ago. The most common form is pearl barley, which has the outer husk and bran layers removed. Barley can have a shelf life of up to 1 year if stored in an airtight container in a cool place.



KAMUT

Kamut is a trademark name for a type of khorasan grain, believed to have derived from ancient Egypt. It is a brown grain with a long shape, similar to basmati rice, that has a nutty flavour and a chewy texture when cooked. If stored in an airtight container away from heat and moisture, kamut may keep for over 12 months.



FREEKEH

Freekeh is an ancient Middle Eastern grain and is actually wheat that is harvested early, while the grains are still green. The kernels are roasted, dried, and rubbed, resulting in a slightly smoky flavour and nutty texture. The grain should be stored in a sealed jar and will retain its flavour and freshness for up to 1 year.





FARRO

Farro is the Italian name for emmer wheat, a hard wheat from western Asia. Similar in texture to pearl barley, farro is popular in Italy for its distinctive nutty roasted flavour and chewy texture. It is versatile and can be added to soups, risottos and salads. Farro will keep for up to 1 year if stored in a sealed container in a cool, dark place.

WHEAT BERRIES

Wheat berries are not berries, but the whole kernels from a wheat plant with the husks removed, and are available as a hard or soft grain. They have a delicate, creamy, nutty flavour and are a light, reddish brown colour. Wheat berries can be ground into flour or used whole. They should be stored in a cool, dry place.



SPELT

Originating in Iran and parts of southern Europe, spelt is a relative of wheat and is one of the oldest grains. It has an oval-like shape and a characteristic nutty flavour. This grain can be used whole or can be ground into flour. Stored in a cool, dry place and sealed tightly, spelt will remain fresh for at least 12 months.

PERFECTLY COOKED

Rinse grains as necessary and use a heavy-based saucepan with a lid to cook them in. Use the guides below to make sure that your grains are perfectly cooked.



COOKED SORGHUM △

Rinse sorghum before cooking, then cook in a ratio of one part grain to three parts water or stock. Bring to the boil in a pan with a tight-fitting lid, then simmer for up to 1 hour, until tender.

◁ COOKED AMARANTH

Amaranth should be cooked one part grain to three parts boiling water, then simmered gently for about 25 minutes. Cooked amaranth is rather sticky, but remains crunchy on the outside and soft inside.



COOKED BUCKWHEAT ▷

Buckwheat should be rinsed thoroughly before cooking. Add one part buckwheat to two parts boiling water or stock and cook for about 12-15 minutes. It also cooks well by absorption or steaming methods.





COOKED QUINOA △
Rinse quinoa before cooking to remove the bitter coating. Boil for 10-15 minutes. The cooked grains quadruple in size and become translucent. Millet can be cooked similarly, but does not need rinsing.



◁ COOKED TEFF
Cooking teff depends on how it is being served. It can be cooked in boiling water or sprinkled over soups, salads or baked goods, adding flavour and texture. It is also eaten as a cereal.

FLOUR AND FLAKES

These flours and flakes contain the whole grain. Stored carefully and covered, they will keep for 3 months in a cool, dry place out of direct sunlight. Gluten-free flours produce crumblier baked goods, so it helps to add extra liquid.

Amaranth flour
Amaranth flour is perfect for gluten-free cooking and baking, and can be used in cake, biscuit, bread, and pastry recipes.





Millet flakes
Wheat- and gluten-free, they are often used in muesli or porridge, or in crumbles and cookies for added texture.

Buckwheat flour
Gluten-free and ideal for making pancakes, scones, and biscuits, this flour can be added to other flours for bread making.





Teff flour
A 100 per cent whole flour, it is creamy brown in colour with a unique sweet and malty flavour – ideal for baking.

Quinoa flakes
Made by flattening unprocessed, raw quinoa seeds, these are high in protein, gluten-free and can be used for muesli or porridge.





Quinoa falafel with mint yoghurt sauce

GF MF

Serves **4** | *Prep* **15 mins** *plus chilling* | *Cook* **45 mins** | *Calories* **868** *(per serving)*

60g (2oz) uncooked quinoa
1 free-range egg
2 garlic cloves, peeled
1 tbsp cumin
¼ tsp salt
2 x 400g (14oz) tins of chickpeas, drained
4 tbsp chopped coriander leaves
1 tbsp gluten-free plain flour, for dusting
1-2 tbsp olive oil, plus extra for greasing

FOR THE SAUCE

150g (5½oz) Greek yoghurt
4 tbsp chopped mint leaves
juice of 1 lemon

1. Rinse the quinoa under running water, place in a large saucepan and cover with 170ml (6fl oz) water. Place the pan over a medium heat and bring to a simmer. Cook the quinoa for 15 minutes, or until almost all the water has been absorbed. Remove from the heat, drain any remaining water, then set aside.
2. Place the quinoa, egg, garlic, cumin, salt, and 350g (12oz) chickpeas in a food processor. Pulse until well combined. Add the coriander and the remaining chickpeas and pulse lightly for 1 minute until the chickpeas have broken down, but still retain some of their texture. Transfer the mixture to a large bowl and chill in the fridge for 30 minutes.
3. Preheat the oven to 200°C/Gas Mark 6. Grease and line a baking sheet with greaseproof paper. Divide the falafel mixture into eight equal portions. On a lightly floured surface, roll each portion into a smooth ball and press down lightly to form patty-like shapes.
4. Brush the falafel with a little oil on both sides and place on the baking sheet. Bake in the oven for 20 minutes, or until the falafels are well browned and crispy on the outside. Remove from the heat.
5. For the sauce, place all the ingredients in a bowl and mix well. Serve the falafel and mint yoghurt sauce with gluten-free pitta breads and a green salad, if liked.

18.8g	2.8g	0.2g	23.3g	46.3g
Total fat	Saturates	Salt	Sugar	Protein



Amaranth-crusted tofu with green beans and black rice

GF DF MF

Serves **4** | *Prep* **15 mins** | *Cook* **50 mins** | *Calories* **599** *(per serving)*

300g (10½oz) packet of black rice
400g (14oz) extra firm tofu, drained
4 tbsp amaranth flour
3 tbsp sesame seeds, plus extra to serve
1 free-range egg, lightly beaten
salt and freshly ground black pepper
2-3 tbsp grapeseed oil
2 tbsp sesame oil, plus extra to serve
1 onion, peeled, thinly sliced
1 tsp grated fresh root ginger
3 mild red chillies, deseeded, sliced into 1cm (½in) pieces
3 garlic cloves, peeled, crushed, thinly sliced
200g (7oz) green beans, blanched
1 tbsp gluten-free tamari sauce, plus extra to serve
2 spring onions, cut into 2.5cm (1in) long pieces

28.8g	3.8g	0.3g	4.7g	22.1g
Total fat	Saturates	Salt	Sugar	Protein

1. Place the rice in a large saucepan and cook according to the packet instructions. Remove from the heat, cover and set aside. Pat the tofu dry with kitchen paper and cut 16 x 2.5cm (1in) thick triangles. Set aside.
2. Place the amaranth flour and sesame seeds in a shallow dish and mix to combine. Place the egg in a small bowl. Season the tofu with salt and pepper and brush with the egg. Toss the tofu in the flour mixture until coated.
3. Heat the grapeseed oil in a large frying pan over a medium-low heat. Once the oil has heated, reduce the heat to low and add the tofu. Cook for 3-4 minutes on each side, turning the tofu gently to prevent it breaking apart, until evenly browned on each side. Remove with a slotted spoon, set aside on a lined plate and keep warm. Drain the excess oil from the pan.
4. Add the sesame oil to the pan and increase the heat to medium. Add the onions, ginger and chillies. Cook for about 5 minutes, stirring frequently, until softened. Add the garlic and cook for another minute. Add the green beans and cook, stirring, for 3-4 minutes.
5. Add the tamari sauce and spring onions. Season with pepper and cook, stirring, for about 3 minutes. Add the tofu and gently heat through for 2 minutes. Do not stir the tofu as it may break apart. Remove from the heat. Divide the rice between four serving plates. Top with the green bean and onion stir-fry and the tofu. Sprinkle over sesame seeds, drizzle with oil and tamari sauce, then serve warm.

Chocolate chip, peanut and buckwheat cookies

GF MF

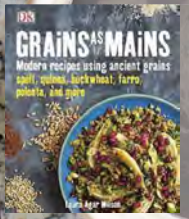
Makes **12** | *Prep* **30 mins** *plus chilling and cooling* | *Cook* **15 mins** | *Calories* **261** *(per cookie)*

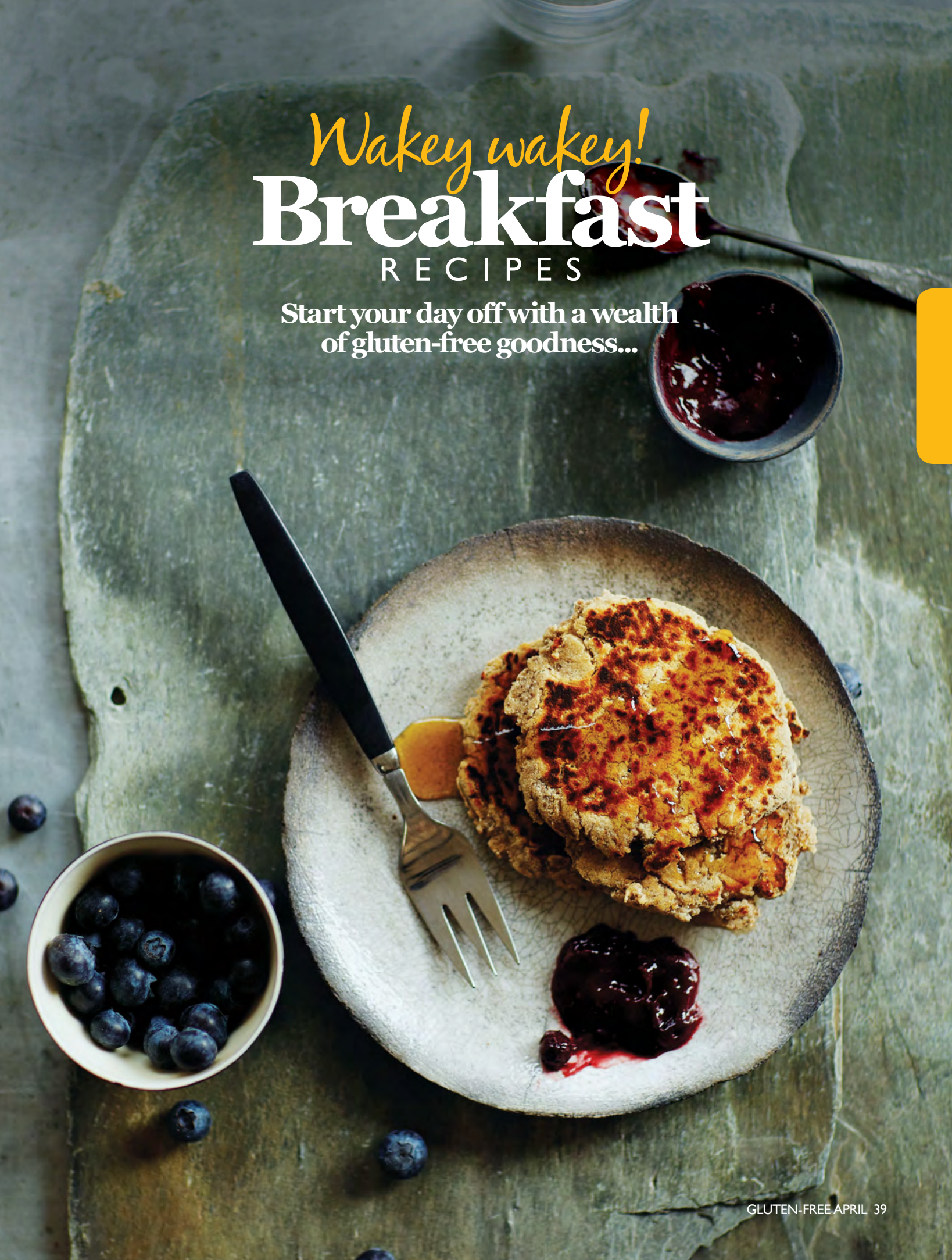
110g (4oz) unsalted butter
175g (6oz) brown sugar
1 large free-range egg
200g (7oz) buckwheat flour
¼ tsp salt
½ tsp gluten-free baking powder
85g (3oz) dark chocolate chips
85g (3oz) salted peanuts

1. Line two baking sheets with greaseproof paper and set aside. In a large bowl, cream together the butter and sugar with an electric whisk until light and fluffy. Beat the egg into the mixture until well combined.
2. Place the flour, salt and baking powder in a separate bowl and mix well. Fold the dry mixture into the butter, sugar and egg mixture, a little at a time, until thoroughly incorporated. Add the chocolate chips and peanuts to the mixture and stir well to incorporate. Cover the dough with clingfilm and chill in the fridge for about 30 minutes. Preheat the oven to 180°C/Gas Mark 4.
3. Place golf ball-sized pieces of the dough on the baking sheets and flatten them gently. Make sure they are placed at least 5cm (2in) apart, as they will spread while baking. Bake the cookies for about 15 minutes, until they start to turn golden, but still look a little under baked. Remove from the heat and leave on the baking sheet for at least 10 minutes to cool and firm up. Then transfer to a wire rack to cool completely. Store in an airtight container.

14g	6.9g	0.1g	18.6g	5.1g
Total fat	Saturates	Salt	Sugar	Protein

This extract is taken from *Grains As Mains* by Laura Agar Wilson, published by Dorling Kindersley Limited. (RRP £16).





Wakey wakey! Breakfast RECIPES

Start your day off with a wealth of gluten-free goodness...



Bacon cornbread

GF

Makes **a 900g (2lb) loaf** | *Prep* **15 mins** |
Cook **30-40 mins** | *Calories* **415** *(per slice)*

1 tsp sunflower oil
350g (12oz) smoked, streaky bacon, finely chopped
2 spring onions, finely chopped
120g (4oz) tinned sweetcorn, drained
½ tsp chilli flakes
350g (12oz) almond flour
350g (12oz) gluten-free plain flour
1 tsp sugar
1 tsp gluten-free baking powder
½ tsp bicarbonate of soda
½ tsp salt
375ml (13fl oz) buttermilk
2 free-range eggs
2 tsp melted butter
1 tsp maple syrup
½ tsp freshly ground black pepper

1. Grease a 900g (2lb) loaf tin. Preheat the oven to 200°C/ Gas Mark 6.
2. Heat the oil in a frying pan, then fry the bacon for 2 minutes. Add the spring onions and fry gently for about 5 minutes. Mix in the sweetcorn and chilli flakes and set aside.
3. Put the cornmeal and flour into a mixing bowl with the sugar, salt, baking powder and bicarbonate of soda and mix well.
4. Add the buttermilk, eggs, cooled bacon mixture, melted butter, maple syrup and pepper and mix until combined.
5. Spoon the mixture into the loaf tin, then bake in the oven for 30-40 minutes until cooked through. Turn out of the tin, slice and serve warm.

15.6g Total fat | 5.1g Saturates | 0.8g Salt | 2.9g Sugar | 18.5g Protein



Chocolate trail mix bars

GF EF MF DF

Makes **20-24** | *Prep* **20 mins** |
Cook **25 mins** | *Calories* **202** *(per bar)*

225g (8oz) gluten-free plain flour
1 tsp bicarbonate of soda
1 tsp salt
100g (3½oz) gluten-free rolled oats
75g (2½oz) raisins
75g (2½oz) chopped almonds
75g (2½oz) desiccated coconut
175g (6oz) dairy-free chocolate chips
100g (3½oz) caster sugar
190g (7oz) peanut butter
175ml (6fl oz) unsweetened apple sauce
½ tsp vanilla extract
55ml (2fl oz) soya milk, more if needed

1. Preheat the oven to 180°C/Gas Mark 4. Grease a 23cm (9in) baking tin and line the base with non-stick baking paper.
2. Mix together the dry ingredients in a mixing bowl.
3. Whisk together the peanut butter, apple sauce, vanilla and milk until blended.
4. Stir into the dry ingredients until combined. If the mixture is too dry, add a little more soya milk. The mixture will be very thick and sticky. Spread into the tin and smooth the top.
5. Bake in the oven for about 25 minutes, until set and golden brown around the edges. Cool completely in the tin, then cut into bars when cold.

10.1g Total fat | 4.3g Saturates | 0.2g Salt | 11.4g Sugar | 5.1g Protein

Recipe development and food photography on this page © Stockfood, The Food Media Agency

Super-healthy granola and cranberry bars

By Julie Montagu GF DF EF MF V

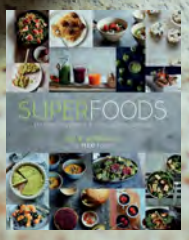
Makes **10-12** | *Prep* **15 mins** *plus 20 mins for chilling* | *Cook* **none** | *Calories* **323**

350g (12oz) dates, pitted
270g (9¾oz) gluten-free rolled oats
80g (2¾oz) almonds
35g (1½oz) pumpkin seeds
60g (2oz) dried cranberries
120ml (4½fl oz) maple syrup
120g (4½oz) hazelnut butter

1. Put the dates, oats and almonds in a blender or food processor and blitz until only small bits remain.
2. Transfer to a mixing bowl. Add the pumpkin seeds and cranberries and mix well.
3. Mix the maple syrup and hazelnut butter together in a small bowl. Drizzle it over the date mixture and mix well. I find using my hands works best as you want to get it to a thick dough. Transfer the dough to a 20cm (8in) square baking tray lined with parchment paper and press down until it is flat and has covered the entire tin. Place in the fridge for 20 minutes to set.
4. Remove the chilled slab from the tin and cut into 10-12 squares or bars.
5. Store in an airtight container in the fridge for up to 1 week.

12.4g Total fat | 1.2g Saturates | 4g Salt | 27.7g Sugar | 7.3g Protein

The recipes on pages 41-42 and the avocado mash rye bread on page 43 are taken from *Superfoods* by Julie Montagu, photography by Yuki Sugiura, published by Quadrille. (RRP £18.99).



Chia and coconut flour pancakes with blueberry baobab sauce

By Julie Montagu GF SF DF EF MF V

Makes **12** | *Prep* **10 mins** *plus 20 mins for soaking* | *Cook* **15 mins** | *Calories* **235** *(per pancake)*

6 tbsp chia seeds
270ml (9¾oz) water
60g (2oz) coconut oil, melted, plus extra for greasing
300ml (10½fl oz) almond milk
1 tsp vanilla extract
50g (1¾oz) coconut palm sugar
100g (3½oz) coconut flour
100g (3½oz) buckwheat flour
1½ tsp gluten-free baking powder
maple syrup, for drizzling (optional)

FOR THE BLUEBERRY BAOBAB SAUCE

150g (5½oz) blueberries
100g (3½oz) coconut palm sugar
120ml (4½fl oz) water
2 tbsp lemon juice
1 tbsp xanthan gum
1 tbsp baobab powder

1. For the blueberry baobab sauce, heat the blueberries, coconut palm sugar, water and lemon juice in a small saucepan. Stir frequently, then bring to a low boil. Use a fork to mash the blueberries to help release some of the juices. Slowly stir in the xanthan gum – this helps to thicken the sauce – and the baobab powder, then simmer until the blueberry sauce is thick enough. Leave to cool.
2. Soak the chia seeds in the water for 20 minutes. Put the coconut oil, almond milk, vanilla and coconut palm sugar in a large bowl and add the chia seed mixture. Stir in the coconut flour, buckwheat flour and baking powder.
3. Grease a non-stick frying pan with coconut oil and heat over a medium heat. Pour one-quarter of a cup of batter into the pan for each pancake and cook for 2 minutes on the first side and 1 minute on the other, until they are golden brown. You can cook up to three in the pan at the same time. Don't be alarmed by how thick the batter is – this is due to the coconut flour.
4. To serve, stack the pancakes and smother with the blueberry sauce. Drizzle with maple syrup, if using.



14g	11g	0.01g	11.2g	4.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Chilli avocado mash and coconut oil on toast

By Julie Montagu

GF SF DF EF MF V

Serves **4** | *Prep* **10 mins** |
Cook **5 mins** | *Calories* **348** *(per slice)*

2 ripe avocados, peeled, pitted, chopped
2 spring onions, chopped
1 garlic clove, peeled, crushed
½ tsp sea salt
1 tsp dried chilli flakes
juice of 1 lime
4 slices of gluten-free rye-style bread
4 tbsp coconut oil
freshly ground black pepper

1. Combine the avocados, spring onions, garlic, sea salt, chilli flakes and lime juice in a small bowl and mash well with a fork.
2. Toast the rye bread and, while it is still warm, spread each piece with 1 tbsp coconut oil.
3. Spoon the avocado mash evenly on each piece of toast, then season with black pepper.

33.5g Total fat | 15.9g Saturates | 0.3g Salt | 1g Sugar | 2.8g Protein



Chocolate-coated energy bars

By Dale Pinnock

GF EF MF

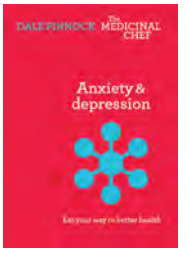
Makes **8** | *Prep* **10 mins** *plus 3 hrs for chilling* |
Cook **none** | *Calories* **272** *(per bar)*

8 tbsp mixed seeds
3 handfuls of goji berries
a handful of pitted dates
4 tbsp cocoa powder
1 tsp desiccated coconut
200g (14oz) plain chocolate
3 tbsp coconut oil

1. Place all the ingredients, except the chocolate and coconut oil into a food processor and pulse a few times to create a stiff, coarse paste.
2. Spoon the coconut oil into a glass bowl, then sit the glass bowl in some freshly boiled water. In a matter of seconds the oil will melt. Add the melted oil to the food processor, then process the ingredients on high power until all have thoroughly mixed into a smooth firm paste.
3. Line a 25cm (10in) cake tin or flan dish with clingfilm, scrape in the paste and press down firmly to fill it.
4. Break the chocolate into small pieces in a heatproof bowl set over a pan of boiled water (taken off the heat) and melt slowly. Drizzle the melted chocolate over the top of the paste.
5. Place in the fridge for 3 hours, until set firm. Slice into about eight even pieces (double quantity shown here).

17.2g Total fat | 12g Saturates | 0.01g Salt | 22.3g Sugar | 3.8g Protein

Recipe taken from *Anxiety & Depression: Eat Your Way to Better Health* by Dale Pinnock, photography by Martin Poole, published by Quadrille. Readers can buy the book for the special price of £9.99 including UK p&p (RRP £14.99) by calling direct on 01256 302699 and quoting reference CZ7.





Chocolate chip granola bars

GF EF MF

Makes **12 bars** | *Prep* **25 mins** |
Cook **20-30 mins** | *Calories* **317** *(per bar)*

200g (7oz) gluten-free rolled oats
100g (3½oz) sunflower seeds
50g (1¾oz) sesame seeds
55g (2oz) flaked almonds
100g (3½oz) butter
3 tbsp honey
100g (3½oz) light brown sugar
100g (3½oz) chocolate chips

1. Preheat the oven to 170°C/Gas Mark 3. Grease an 18x25cm (7x10in) baking tin and line the base with non-stick baking paper.
2. Mix together the oats, seeds and almonds and spread on a baking tray. Toast in the oven for 5-10 minutes.
3. Heat the butter, honey and sugar in a pan over a low heat, stirring until the butter has melted.
4. Remove from the heat and stir in the oat mixture until well mixed. Set aside for 5-10 minutes to cool slightly. Stir in the chocolate chips.
5. Press the mixture into the tin, then bake in the oven for 20-30 minutes until golden. Cool in the tin, then cut into bars.

19.2g Total fat | 7.1g Saturates | 0.2g Salt | 17.3g Sugar | 6.6g Protein



Buckwheat and dried fruit energy bar

GF SF DF EF MF V

Makes **9-12** | *Prep* **20 mins** *plus 1-2 hrs for chilling* |
Cook **none** | *Calories* **139** *(per bar)*

112g (4oz) green buckwheat groats
50g (1¾oz) almonds
40g (1½oz) walnuts
50g (1¾oz) hazelnuts
2 tbsp linseeds
2 tbsp chia seeds
100g (3½oz) sultanas
2-3 tbsp date paste
2 tbsp lemon juice
¼ tsp cinnamon

1. Line a 20-23cm (8-9in) square tin with clingfilm.
2. Put the buckwheat, nuts and seeds in a food processor and blend to a fairly coarse consistency.
3. Add the sultanas, date paste, lemon juice and cinnamon and blend until the mix becomes sticky and clumps together.
4. Press the mixture into the tin, cover and chill for 1-2 hours until set.
5. Cut into bars when firm.

7.6g Total fat | 0.6g Saturates | 0.01g Salt | 5.9g Sugar | 4g Protein

Recipe developmenton this page © Stockfood, The Food Media Agency. Photography © iStockPhoto

In the kitchen with... Hodmedod's

The increasing popularity of quinoa has seen one UK producer make great strides...



HODMEDOD'S BRITISH WHITE QUINOA is grown by Peter Fairs in the low-lying fields of Essex. It's a deliciously nutty variety that cooks just like quinoa from the highlands of South America. The Essex-grown quinoa has none of the bitterness of some varieties and needs just a light rinse, before covering with water and simmering for 10-15 minutes to cook.

Quinoa has been said to be 'as close to a perfect ingredient as you can get'. With the full complement of amino acids, it's a good source of protein and is also a fantastically versatile ingredient, superb in salads or as a side dish, but also great for baking and even tastes delicious in porridge at breakfast.

Demand for quinoa has grown dramatically over recent years and now outstrips the available supply, with negative impacts on the communities for whom it's a traditional staple food. More local British production has the potential to help balance supply and demand, as well as adding to the diversity of British farming.

Hodmedod was founded by Nick Saltmarsh, Josiah Meldrum and Wiliam Hudson in 2012 to work with British farmers to support and develop fair and sustainable supply of British-grown fava beans. Until then, quinoa was grown almost entirely for export to Egypt and other countries, and was largely unavailable in Britain.

We spoke to Nick Saltmarsh about his quinoa journey...



Q Why is quinoa so expensive?

As more and more people have realised the benefits of quinoa as a nutritious and delicious food, global demand has increased dramatically, outstripping supply and pushing up prices. Developing production in the UK offers the potential to balance supply and demand and ultimately bring down prices, but production costs are currently high as farmers are growing a new crop on a relatively small scale.

Q What nutritional value does quinoa have?

Quinoa is a very nutrient-rich food and is one of very few plant foods to have the full range of nine amino acids, offering a complete source of protein. It provides a variety of antioxidant phytonutrients including ferulic, coumaric, hydroxybenzoic and vanillic acid. Quinoa is also a good source of manganese, phosphorus, copper, magnesium, dietary fiber, folate and zinc.

Q Why is it so significant that your quinoa is produced in the UK?

UK production should help to balance supply and demand, avoiding the negative impacts of Western demand on the South American communities, for whom quinoa is a traditional staple foodstuff.



Q How should quinoa be cooked?

Quinoa should be lightly rinsed, placed in a pan, covered with two parts water to each one part quinoa, brought to the boil and left to simmer for 10-15 minutes. It will have swollen to three or four times its original size and be ready to eat.

Q When was quinoa first used and why has it become so popular now?

Quinoa has been grown and eaten in South America for around 3,000 years, but has only recently become popular in the UK. As a food that is naturally gluten-free, it has grown in popularity as awareness of gluten intolerances has increased.

Q How can I make my own quinoa flour?

Small table-top mills can be bought and used to make a quinoa flour. Hodmedod is currently carrying out milling trials and has hopes to launch a quinoa flour in the near future.

For more information visit www.hodmedods.co.uk

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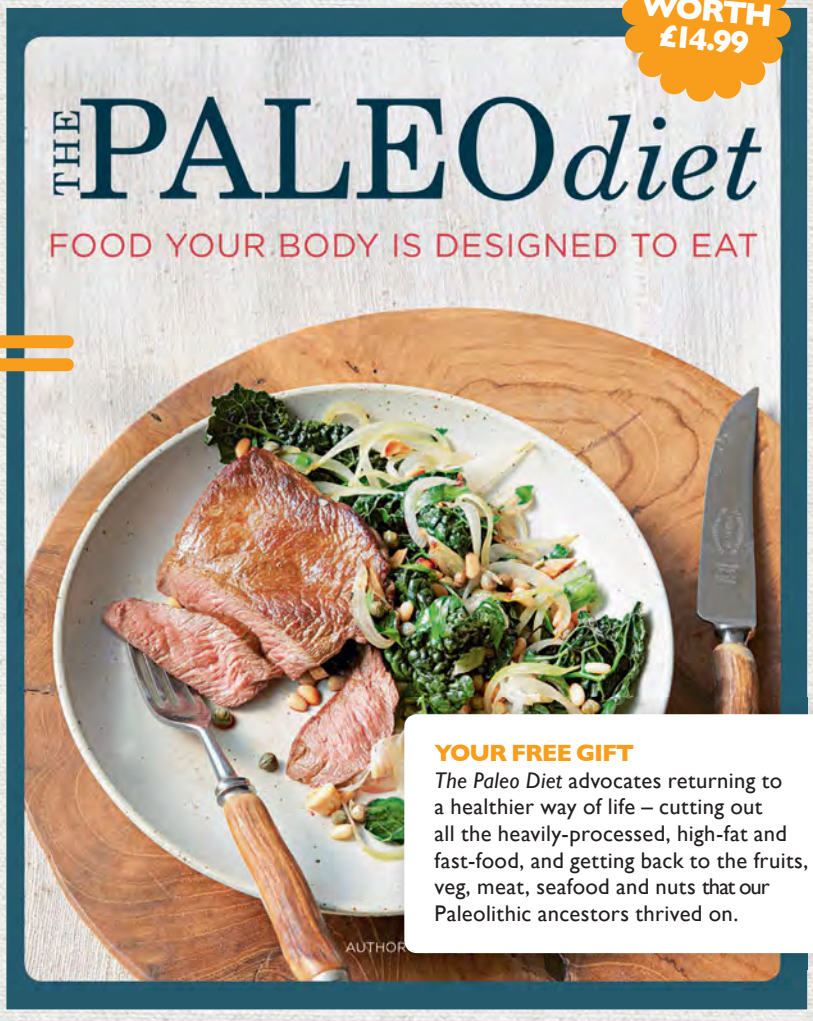
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Read all about it on page 45!

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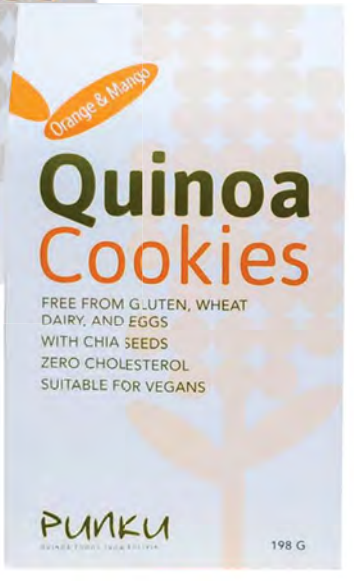


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On-the-go! Lunchtime RECIPES

Bring a splash of sunshine to your midday snacks...



Crab and dill tart

By Grace Cheetham GF SF DF *Serves* **6** | *Prep* **30 mins** *plus 30 mins for chilling* | *Cook* **1 hr 15 mins** | *Calories* **407** *(per serving)*

5 tbsp dairy-free milk

a pinch of saffron

80g (2¾oz) silken tofu

2 free-range eggs, plus 4 egg yolks, beaten

1 tsp lemon juice

2 tbsp finely chopped dill leaves

350g (12oz) white crab meat

sea salt and freshly ground black pepper

FOR THE SWEET POTATO PASTRY

1 sweet potato, peeled, cut into large chunks

180g (6¼oz) shortcrust pastry mix (see below), plus extra for dusting

½ tsp sea salt, crushed

125g (4½oz) dairy-free margarine, chilled, chopped, plus extra for greasing

1 large free-range egg, beaten

FOR THE SHORTCRUST PASTRY MIX

100g (3½oz) brown rice flour, plus extra as needed

50g (1¾oz) chickpea flour

50g (1¾oz) cornflour

1 tsp xanthan gum

1 For the shortcrust pastry mix, sift the flours and xanthan gum into a large bowl and mix together. Put the sweet potato in a saucepan and cover with cold water. Bring to the boil over a high heat, then turn down to medium and simmer for 15 minutes, or until tender. Drain, then mash until smooth.

21.8g	5.2g	0.4g	3.2g	21.1g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

2 Put 180g (6¼oz) pastry mix in a food processor. Add the salt and margarine and blend until the mixture resembles breadcrumbs. Add the sweet potato and egg and blend until the mixture forms a sticky dough. Shape the pastry into a ball, wrap it in clingfilm and chill for 30 minutes. Preheat the oven to 200°C/Gas Mark 6 and grease a 20x30cm (8x12in) loose-based tart tin with margarine.

3 Dust a chopping board with shortcrust pastry mix and gently roll out the pastry to about 5mm (¼in) thick. Put the loose base of the tart tin on top of the pastry and cut around it with a knife. Shape the trimmings into a ball and leave to one side. Lift the board and turn it over to drop the pastry and base into the tin. Roll out the reserved pastry. Cut into strips wide enough to line the sides of the tin. Gently press the bottom edges of the pastry strips into the sides and bottom of the tin, taking care to remove any air pockets. Prick the base with a fork. Line the pastry case with baking parchment and cover with baking beans. Blind bake for 12-15 minutes, then remove the parchment and beans and bake for another 2-3 minutes until lightly golden. Remove from the oven, but leave the oven on.

4 Put the milk in a saucepan, add the saffron and heat gently until just boiling. Remove from the heat and leave to cool.

5 Put the tofu, eggs and lemon juice in a mixing bowl and blend until smooth. Mix in the cooled saffron milk and 1 tbsp dill and season. Pour the egg mixture into the pastry case and cover with the crab. Sprinkle with the remaining dill and bake for 30-35 minutes, until the pastry is golden brown and the filling is set. Serve hot or cold.

Recipe taken from *The Best Gluten-Free & Dairy-Free Baking Recipes* by Grace Cheetham, published by Nourish Books. (RRP £14.99).





Curry cashews

By Dale Pinnock

GF SF DF EF MF

Serves **6** | *Prep* **5 mins** |
Cook **10-12 mins** | *Calories* **202** *(per serving)*

200g (7oz) raw cashew nuts

1 tsp runny honey

¼ tsp curry powder

a pinch of salt

1. Preheat the oven to 170°C/Gas Mark 3½.
2. Place the cashew nuts in a bowl and drizzle over the honey. Toss the cashews well to ensure they are evenly coated.
3. Sprinkle over the curry powder and toss well again to make sure the cashews are fully coated.
4. Place the cashews on a baking tray lined with greaseproof paper, place at the top of the oven and bake for 10-12 minutes until they are beginning to turn golden.
5. Cool on the tray, sprinkle with salt, then transfer the nuts to an airtight container to store.

15.3g Total fat | 3g Saturates | 0.01g Salt | 4.3g Sugar | 5.1g Protein



Sunflower seed falafel balls with tahini dipping sauce

By Lee Holmes

GF SF DF EF MF V

Makes **4-5** | *Prep* **15 mins** |
Cook **20 mins** | *Calories* **327** *(per serving)*

75g (2½oz) sunflower seeds

80g (2¾oz) cashews

1 tbsp organic nut butter, softened

2 tbsp basil leaves, chopped

½ tsp ground cumin

2 tbsp freshly squeezed lemon juice

1 tsp chopped coriander

2 tbsp red pepper, chopped

1 garlic clove, peeled, minced

¼ shallot, peeled, chopped

a pinch of Celtic sea salt

40g (1½oz) sesame seeds, toasted

lettuce leaves, to serve

FOR THE TAHINI DIPPING SAUCE

3 tbsp tahini

6 drops of Stevia

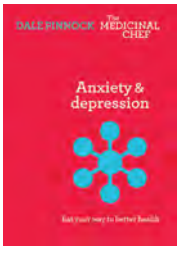
2 tbsp freshly squeezed lemon juice

a pinch of Celtic sea salt

1. Preheat the oven to 220°C/Gas Mark 7. Line a baking tray with baking paper.
2. For the dipping sauce, place all the ingredients in a food processor with 2 tbsp water and blend until smooth and creamy.
3. Place all the falafel ingredients, except the sesame seeds and lettuce, in a food processor and pulse until mixed.
4. Use an ice-cream scoop to form round balls. Roll in the sesame seeds, transfer to the baking tray and bake in the oven for 20 minutes, or until crispy.
5. Serve in a lettuce leaf and dress with the tahini dipping sauce.

27.7g Total fat | 4.3g Saturates | 0.1g Salt | 1.9g Sugar | 9.8g Protein

The curried cashews recipe is taken from *Anxiety & Depression: Eat Your Way to Better Health* by Dale Pinnock, photography by Martin Poole, published by Quadrille. Readers can buy the book for the special price of £9.99 including UK p&p (RRP £14.99) by calling direct on 01256 302699 and quoting reference CZ7.



The falafel balls recipe is taken from *Supercharged Food: Eat Clean, Green & Vegetarian* by Lee Holmes, photography by Steve Brown and Cath Muscat, published by Murdoch Books. (RRP £14.99).





Harvest kale salad with sweet mustard tempeh

By Ann Gentry GF DF EF MF V

Serves **4** | *Prep* **20 mins** *plus 1 hr to marinate* | *Cook* **40 mins** | *Calories* **626** *(per serving)*

2 medium yams, peeled, cubed
4 beetroot, peeled, cubed
1½ tbsp olive oil
1 garlic clove, peeled, minced
¼ tsp fine sea salt
¼ tsp freshly ground black pepper

FOR THE DRESSING

115ml (4fl oz) orange juice
115g (4oz) raw tahini
2 tbsp brown rice vinegar
1 garlic clove, peeled, minced
½ tsp fine sea salt
¼ tsp saffron strands
2 tbsp olive oil
freshly ground black pepper

TO SERVE

a bunch of lacinato kale, leaves, cut into strips
225g (8oz) baby spinach
1 cucumber, peeled, seeded, diced
1 red bell pepper, diced
a handful of roasted almonds

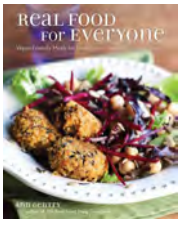
FOR THE SWEET MUSTARD TEMPEH

3 tbsp tamari
2 tbsp Dijon mustard
2 tbsp pure maple syrup
2 tbsp water
1 tbsp minced garlic
2 tsp cooking oil
1 packet of grain-based tempeh, halved, cubed

1. For the sweet mustard tempeh, whisk the tamari, mustard, maple syrup, water, garlic, and oil in a pan, then add the tempeh and turn to coat. Arrange the tempeh in the pan so it is in a single layer and submerged in the marinade. Set aside to marinate for at least 1 hour, or cover and refrigerate overnight.
2. Set the pan over a medium-low heat, cover and cook for about 15 minutes until the tempeh is hot and the marinade has reduced.
3. Preheat the oven to 200°C/Gas Mark 6. Line a large baking sheet with parchment paper. Toss the yams and beets in a large bowl with the oil, garlic, salt and pepper to coat. Transfer to the baking sheet and roast, tossing after the first 20 minutes, until the yams are tender and browned, about 40 minutes. Allow to cool completely.
4. For the dressing, whisk the orange juice, tahini, vinegar, garlic, salt and saffron in a medium bowl. Gradually whisk in the oil to blend well. Season to taste.
5. To assemble, toss the kale, spinach, cucumber, and pepper in a large bowl with enough of the dressing to coat. Add the tempeh and the roasted yams and beets and toss again, adding more dressing if necessary. Transfer the salad to a platter. Garnish with toasted almonds and serve.

36.8g	5.4g	1.3g	20.3g	21.4g
Total fat	Saturates	Salt	Sugar	Protein

Recipe taken from *Real Food For Everyone: Vegan-Friendly Meals for Meat-Lovers, Vegetarians, and Vegans* by Ann Gentry, photography by Sara Remington, published by Andrews McMeel Publishing. (RRP £16.18).





Sweet potato aranchini balls

By Kate Bradley

GF SF DF EF MF V

Makes **24 balls** | *Prep* **20 mins** |
Cook **35 mins** | *Calories* **58** *(per ball)*

220g (8oz) brown rice

1 sweet potato, peeled, chopped

90g (3oz) diary-free 'ricotta' cheese

½ tsp salt

½ tsp kelp

¼ tsp freshly ground black pepper

½ tsp dried marjoram

¼ tsp dried thyme

50g (1¾oz) gluten-free dry breadcrumbs

1. Bring a large saucepan of water to the boil over a medium heat. Add the rice and cook for about 15 minutes until tender. Remove from the heat, strain and set aside.
2. Meanwhile, steam the sweet potato for about 15 minutes until soft, then remove from the heat and place in a bowl.
3. Preheat the oven to 180°C/Gas Mark 4. Line a baking tray with baking paper. Mash the sweet potato, then mix in the rice, 'ricotta', seasoning and herbs.
4. Roll the mixture into 24 x 5cm (2in) balls. Roll the balls in the breadcrumbs and place on the baking tray. Cook for 20 minutes, or until crisp and golden on the outside.
5. Either serve immediately, or let cool and place in containers. You can store these in the refrigerator, or freeze them for up to 1 month for reheating later.

1.2g	0g	0.1g	0g	1.2g
Total fat	Saturates	Salt	Sugar	Protein



Pumpkin and sweet potato empanadas

By Kate Bradley

GF SF EF MF V

Makes **24** | *Prep* **15 mins** |
Cook **45 mins** | *Calories* **90** *(per empanada)*

800g (1lb 12oz) pumpkin

300g (10½oz) sweet potato

1 red onion, peeled, diced

2 tbsp plant-based oil

¼ tsp nutmeg

1/8 tsp ground cloves

¼ tsp chilli flakes

½ tsp cinnamon

¼ tsp paprika

salt

freshly ground black pepper

6 sheets of gluten-free puff pastry (see page 55)

1. Peel the pumpkin and sweet potato, chop into small pieces, then steam for 10-15 minutes. Once tender, remove from the steamer and set aside.
2. Meanwhile, in a medium frying pan over a medium heat, cook the onion in the plant-based oil for 5-10 minutes, until caramelised.
3. In a bowl, mix together the vegetables, onion mixture, spices and season with salt and pepper.
4. Preheat the oven to 180°C/Gas Mark 4.
5. Cut each pastry sheet into four. Using a 10cm (4 in) round cutter, cut a round out of each piece of pastry (or use an empanada press and cutter, if you have one).
6. Place 2 tablespoons of the filling on one side of each pastry sheet. Fold over the pastry and press the edges together with a fork to seal.
7. Bake the empanadas in the oven for 20-30 minutes until golden brown. Serve immediately. Store in the refrigerator in an airtight container for up to 3-4 days, or freeze for up to 3 months.

5g	2.4g	0.1g	2.4g	1.4g
Total fat	Saturates	Salt	Sugar	Protein

Recipes taken from *Kenko Kitchen* by Kate Bradley, photography by Elisa Watson, published by Hardie Grant. (RRP £20).





Warming vegetable soup

By Pete Evans

GF SF DF EF MF V

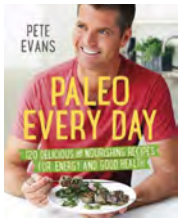
Serves **6** | *Prep* **20 mins** |
Cook **30 mins** | *Calories* **132** *(per serving)*

2 tbsp coconut oil
1 large brown onion, peeled, chopped
1½ tsp sea salt, plus extra to taste
2 garlic cloves, peeled, chopped
3 tbsp chopped ginger, plus extra to taste
1 large leek, white and light green parts only, sliced
1 large sweet potato, peeled, diced
1 ltr (1¾pt) gluten-free vegetable stock
400g (14oz) kale, roughly chopped
150g (5½oz) okra, cut into 2.5cm (1in) pieces
a large bunch of Swiss chard, roughly chopped
2-4 tsp lemon juice
a handful of flat-leaf parsley leaves, chopped
freshly ground black pepper

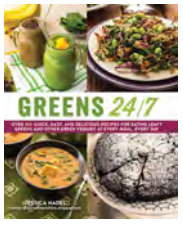
1. Melt the oil in a large saucepan over a low heat. Add the onion and a sprinkle of salt and cook slowly, stirring occasionally for about 15 minutes, or until the onion is soft and golden. Add the garlic, ginger and leek and cook for 1 minute. Stir in the sweet potato, stock and 1 tsp salt and bring to the boil. Reduce the heat, add the kale, okra and Swiss chard and simmer for 15 minutes. You can either purée the soup or leave it chunky.
2. Stir 2 tsp lemon juice into the soup. Add the parsley and a few grinds of pepper, then taste. Correct the seasoning with additional salt or lemon juice. Spoon into bowls and serve.

4.9g Total fat | 4g Saturates | 0.5g Salt | 3.9g Sugar | 4.1g Protein

The vegetable soup recipe is taken from *Paleo Every Day* by Pete Evans, published by Macmillan. (RRP £18.99).



The bok choy recipe is taken from *Greens 24/7* by Jessica Nadel, photography by Jackie Sobon, published by Apple Press. (RRP £14.99).





Ginger bok choy and sweet peas with miso-glazed tofu

By Jessica Nadel

GF SF DF EF MF V

Serves **3-4** | *Prep* **10 mins** |
Cook **20 mins** | *Calories* **211** *(per serving)*

454g (16oz) packet of extra-firm tofu
2 tbsp white miso paste
2 tbsp mirin
1 tbsp water
2 tsp vegetable oil
4-5 heads of baby bok choy
2 tbsp toasted sesame oil
2.5cm (1in) piece of fresh ginger, grated
200g (7oz) sugar snap peas
cooked quinoa, to serve

1. Slice the tofu across the width into 12 thin pieces. Pat dry with a paper towel. Whisk together the miso, half the mirin, water and vegetable oil. Coat the tofu slices in the miso mixture and spread them out on a baking sheet lined with aluminium foil. Grill for 6-8 minutes on each side, until golden and crispy at the edges, watching closely to ensure it doesn't burn.
2. Slice each bok choy in half. Trim the root ends and remove the tough core with a paring knife. Heat the sesame oil in a large frying pan and add the ginger, cooking for 1 minute, until fragrant. Add the bok choy, cut-side down, to sear for 3 minutes. Flip over and sear the top side for another 2 minutes.
3. Increase the heat to high, add the peas and remaining mirin and cover for 1 minute to finish cooking. Serve with the miso-glazed tofu and quinoa.

14.4g Total fat | 2.4g Saturates | 0.5g Salt | 4.7g Sugar | 11.7g Protein

Red pepper and mozzarella raclette

GF SF MF

Serves **6** | *Prep* **40 mins** *plus 4 hrs for chilling* | *Cook* **20 mins** | *Calories* **602** *(per serving)*

FOR THE PASTRY

345g (12oz) unsalted butter, diced, frozen

140g (5oz) potato starch flour

140g (5oz) cornflour

55g (1¾oz) brown rice flour

55g (1¾oz) sweet rice flour

2 tsp xanthan gum

½ tsp guar gum

1 tsp salt

180ml (6fl oz) chilled water

FOR THE FILLING

1 free-range egg, beaten

85g (3oz) Parmesan cheese, grated

450g (16oz) jar of whole roasted red peppers in oil, drained

4 flat mushrooms, halved

250g (9oz) mozzarella cheese, roughly chopped

olive oil, for drizzling

TO GARNISH

basil

1. For the pastry, mix together the potato starch, cornflour, brown rice flour and sweet rice flour in a mixing bowl and whisk to combine.
2. Add the xanthan gum, guar gum and salt and stir well.
3. Add the frozen butter and, using an electric whisk, mix on the lowest speed, until the edges of the butter pieces have started to soften.
4. Pour in the water and mix until absorbed.
5. Turn out the mixture onto a large sheet of non-stick baking paper and knead it together with your hands, just enough to bring it together.
6. Place another sheet of baking paper on top and gently roll the dough out to a rough rectangle, taking care not to roll over the edges.
7. Fold the bottom third of the dough towards the middle, then fold the top third on top of it.
8. Rotate the dough one-quarter turn to your right (clockwise). Roll out the dough gently as before, until smoother and more cohesive. Fold the bottom third up and overlap the top third over it. Rotate the dough one-quarter turn to your right (clockwise).
9. Repeat the turning, rolling and folding process twice more.
10. Wrap the folded dough in clingfilm and chill for 2 hours.
11. Remove from the refrigerator and stand at room temperature for about 20 minutes.
12. Repeat the turning, rolling and folding process twice more. Wrap the dough in clingfilm and chill for a further 2 hours, then stand at room temperature for about 20 minutes before using.
13. Preheat the oven to 200°C/Gas Mark 6. Grease a baking tray and place in the oven.
14. Roll out the pastry and cut into four evenly-sized rectangles. Place on the hot baking tray and score a border 1cm (½in) from the edges with a sharp knife. Lightly prick the middle area with a fork.
15. For the filling, brush the pastry cases with beaten egg. Sprinkle the Parmesan over the pastry bases. Lay the peppers, mushrooms and mozzarella on top and season with salt and pepper. Drizzle with a little oil.
16. Bake in the oven for about 15 minutes, until the pastry is puffy and golden.
17. Garnish with basil and serve warm.



All recipe development and food photography on pages 55-59 © Stockfood, The Food Media Agency

Filo pastry tart with peas, green asparagus and watercress

GF SF MF

Serves **4-6** | *Prep* **35 mins** *plus 1 hr for chilling* |
Cook **45-55 mins** | *Calories* **550** *(per serving)*

FOR THE PASTRY

40g (1½oz) sweet rice flour
40g (1½oz) tapioca flour
40g (1½oz) potato starch flour
40g (1½oz) cornflour, plus extra for dusting
40g (1½oz) sorghum flour
¾ tsp gluten-free baking powder
¼ tsp salt
3 tsp xanthan gum
55g (2oz) butter, chilled, diced
80g (3oz) vegetable shortening, chilled
1 tsp cider vinegar
80ml (3fl oz) gluten-free plain yoghurt
2 tbsp olive oil, for brushing

FOR THE FILLING

100g (3½oz) asparagus, sliced in half lengthways if very thick
1 courgette, finely chopped
salt and freshly ground black pepper
1 tbsp olive oil
6 large free-range eggs
finely grated zest of 1 unwaxed lemon
2 tbsp parsley, finely chopped
1 tbsp mint, finely chopped
150g (5oz) peas
200g (7oz) créme fraîche
200g (7oz) feta cheese, crumbled

TO GARNISH

watercress

1. For the pastry, put the dry ingredients into a mixing bowl and mix thoroughly.
2. Add the butter, shortening, vinegar and yoghurt. Using a pastry cutter or two knives, cut the wet ingredients into the dry, until you can mould the mixture with your hands. If the dough is too wet, add more cornflour; if the dough is too dry and begins to crack, create a well in the centre of the dough and add a little water.
3. Form the dough into a ball, wrap in clingfilm and chill for at least 1 hour.
4. Generously dust a surface with cornflour and place the dough on top. Dust the top of the dough with cornflour and roll out very thinly until transparent.
5. Lift the dough from underneath with a sharp knife; dust the surface again and turn the dough over. Cut into 6-8 sheets.
6. Preheat the oven to 180°C/Gas Mark 4. Grease a baking tray and put into the oven to heat. Lightly grease an 18x25cm (7x10in) tart tin. Line the tin with a few strips of non-stick baking paper.
7. Unfold the pastry, and keep it covered with a damp tea towel to prevent it from drying out.
8. Brush one sheet with oil and line the tin. Repeat the brushing and layering with the remaining pastry and oil. Brush the edges with a little extra oil and scrunch the edges together to create a border.
9. For the filling, toss the asparagus and courgettes with salt and pepper to taste and the remaining oil and tip onto the baking tray. Place the pastry case on the top shelf of the oven, with the vegetables on the shelf below and cook for 10 minutes. Remove the vegetables from the oven. Brush the tart with a little beaten egg and bake for a further 5 minutes, until the pastry is golden brown and crisp.
10. Whisk the remaining eggs with the lemon zest, herbs, peas, créme fraîche, salt and pepper to taste.
11. Arrange the asparagus and courgettes in the base of the pastry case and crumble over half the feta. Pour over the egg mixture, then top with the remaining feta. Bake for 30-40 minutes until the filling has set. Garnish with watercress to serve.

40.6g	16.4g	0.6g	4.2g	14.9g
Total fat	Saturates	Salt	Sugar	Protein





Broccoli & cheese quiche

GF SF MF

Serves **4** | *Prep* **20 mins** *plus 30 mins for chilling* |
Cook **25-35 mins** | *Calories* **717** *(per serving)*

FOR THE PASTRY

250g (9oz) gluten-free plain flour, plus extra for dusting

a pinch of salt

125g (4½oz) butter

1 free-range egg, beaten

water, if needed

FOR THE FILLING

225g (8oz) broccoli florets

110g (4oz) cream cheese

1 large free-range egg

100ml (3½fl oz) double cream

50g (1¾oz) Parmesan cheese, grated

2 spring onions, chopped

salt and freshly ground black pepper

grated nutmeg

1. For the pastry, put the flour in a mixing bowl and stir in the salt. Rub in the butter until the mixture resembles breadcrumbs. Stir in the egg and mix to form a dough. If the mixture is too dry, add a little water, if it is too wet, add a little more flour. Shape into a ball. Wrap in clingfilm and chill for about 30 minutes.
2. Preheat the oven to 200°C/Gas Mark 6. Grease four mini tart or quiche tins.
3. Divide the dough into four portions. Roll out one piece on a floured surface until it is larger than the tin.
4. Gently roll the pastry around the rolling pin. Unroll the pastry on top of the tart tin, then lower the pastry into the corners of the tin, pressing it into the edges. Repeat with the remaining portions of dough. Blind bake for about 10 minutes until golden. Remove from the oven.
5. For the filling, boil the broccoli for 1-2 minutes. Chop the broccoli, then mix with the cream cheese, egg, cream and half the Parmesan until blended. Add the spring onions and season with salt, pepper and nutmeg. Spoon into the pastry cases, sprinkle with the remaining Parmesan and bake for 15-20 minutes until golden brown.

49.1g	30.3g	1g	1.6g	16.5g
Total fat	Saturates	Salt	Sugar	Protein



Red pepper tapas

GF SF DF MF

Serves **4** | *Prep* **10 mins** |
Cook **40 mins** | *Calories* **392** *(per serving)*

5 tbsp olive oil

750g (1lb 13oz) potatoes, peeled, thinly sliced

1 large red bell pepper, seeds removed, chopped

2 garlic cloves, peeled, crushed

2 tbsp dry white wine

6 large free-range eggs

1 tbsp parsley, chopped

salt and freshly ground black pepper

1. Heat 4 tbsp oil in a large square frying pan.
2. Add the potatoes, pepper and garlic and cook gently for 10 minutes, turning occasionally.
3. Add the wine and continue to cook, turning occasionally for a further 10 minutes until the potatoes are tender.
4. Whisk the eggs in a large bowl, then stir the potato mixture and parsley into the eggs. Season to taste with salt and pepper.
5. Heat the remaining oil in the frying pan and add the potato and egg mixture. Cook over a low heat for 10-15 minutes, until the mixture is almost set.
6. Using a large dinner plate, carefully turn the omelette over and cook on the other side for a further 2-3 minutes until lightly golden.
7. Turn out and cut into squares. Serve hot or cold.

24.4g	4.6g	0.3g	4g	11.9g
Total fat	Saturates	Salt	Sugar	Protein



Baked polenta with Italian cheese and rosemary

GF SF EF MF

Serves **4** | *Prep* **15 mins** |
Cook **40 mins** | *Calories* **310** *(per serving)*

6 tbsp yellow polenta
6 tbsp white polenta
½ tsp salt
675ml (24fl oz) gluten-free vegetable stock
50g (1¾oz) Parmesan cheese, grated
50g (1¾oz) Pecorino cheese, grated
50g (1¾oz) butter
1 tbsp rosemary, finely chopped
freshly ground black pepper
olive oil

TO GARNISH

rosemary

1. Preheat the oven to 190°C/Gas Mark 5. Grease a 20cm (8in) square baking tin.
2. Stir together the yellow and white cornmeal and set aside.
3. Heat the stock and salt in a pan and gradually trickle in the cornmeal, stirring constantly. Simmer gently for about 20 minutes until thick.
4. Stir in the cheeses, butter and rosemary. Season to taste with pepper.
5. Spread evenly in the tin and drizzle lightly with oil.
6. Bake in the oven for about 20 minutes until lightly golden. Cut into squares and serve garnished with rosemary.

20.2g	11.4g	1g	1.2g	11.9g
Total fat	Saturates	Salt	Sugar	Protein



Mini millet bakes

GF SF DF MF

Makes **16-20** | *Prep* **15 mins** *plus overnight for standing* |
Cook **10 mins** | *Calories* **86** *(per bake)*

240g (8oz) millet flour
1 tbsp chia seeds
175ml (6fl oz) warm water
1 tbsp cider vinegar
2 free-range eggs, lightly beaten
175g (6oz) courgettes, grated
2 spring onions, finely chopped
1 tsp salt
1 tsp bicarbonate of soda
75ml (2½fl oz) sunflower oil

TO GARNISH

parsley
spring onion, chopped

1. Mix together the millet flour, chia seeds, water and vinegar. Cover the bowl and leave to stand overnight in a warm place.
2. Preheat the oven to 200°C/Gas Mark 6, then grease 16-20 holes of one or two mini muffin tins.
3. Add the remaining ingredients to the millet flour mixture and whisk until blended.
4. Spoon the mixture into the tins and bake in the oven for about 10 minutes, until a skewer inserted into the centre comes out clean.
5. Serve immediately, garnished with parsley and chopped spring onion.

4.7g	3.5g	0.2g	0g	2.2g
Total fat	Saturates	Salt	Sugar	Protein

20 top tips for eating gluten-free on a budget

Acclaimed author and blogger Samantha Stein shows us how to make those pennies go a little bit further...

WE'VE ALL NOTICED IT by now – switching to a gluten-free diet can eat some serious holes in your wallet. Research has shown that gluten-free products are on average 242% more expensive than regular products. But that doesn't mean you necessarily have to spend more money, and there are a myriad of ways to cut costs if you need to keep your budget under control.

1. Find out if you're entitled to food on prescription

Diagnosed coeliacs are entitled to a certain amount of food on prescription each month, although budget cuts have affected the amount available in some areas. If you are entitled to free prescriptions, this means free food! Even if you have to pay for prescriptions, this will usually work out much cheaper and you can always look into prescription payment certificates, which often save money too.

2. Look in Asian supermarkets or the World Foods aisle

Tapioca flour, glutinous rice flour, gram (chickpea) flour and more can all be found for less, as well as all sorts of rice noodles. Finding naturally gluten-free foods that aren't specialist gluten-free products will save you in the long run. Check with the manufacturer about cross contamination though, as it can be an issue.

3. Buy a rice cooker

These can be bought very inexpensively (mine was £15) and are extremely convenient for cooking rice, quinoa, amaranth and even making risotto, rice pudding or porridge. Most of them have a 'keep warm' setting so you won't have to keep watch over a stove. Honestly, it's the one gadget I use the most in my kitchen!

4. Break up with bread

When I was first diagnosed, I found this the hardest to do! If you are used to eating a lot of sandwiches it can feel like such a convenience to pop a tiny, overpriced loaf in your trolley, but it won't do your finances any favours in the long term. However, if you have already made a big batch of rice, it only takes a couple of moments to spread the rice out on a piece of seaweed (nori), add fillings, then roll it up. Even if you use a more expensive grain like quinoa, this might work out cheaper than a gluten-free sandwich. Gluten-free bread is a big money sucker.

5. If you must eat bread, make the most of it

If you've got the space, keeping bread in the freezer and toasting from frozen is the best way to keep it edible until the last slice. If your bread does go stale, it can be made into croutons, breadcrumbs, or bread pudding, so don't throw it away until it's sprouting mould!

6. Cook in large batches and freeze into portions

A slow cooker will come in very handy for this, but you can simmer large meals on the hob or in the oven. This is a great way to save time, money and electricity/gas.

7. Make the most of cheap or seasonal local produce

Potatoes, carrots, leeks, onions and root vegetables are all cheap, gluten-free and filling. They can be dressed up a million ways to keep some variety in your diet.

8. Sometimes larger purchases can save you money in the long term

Bread machines, slow cookers, a good sized freezer – if you have a really tight budget it might seem daunting and you certainly don't need all of them – but look online and consider buying secondhand (even Freecycle sometimes has them). Just be wary of second hand bread machines.



9. Try to avoid cooking two separate dinners
It seems intuitive that since gluten-free is more expensive only the affected individual should eat that way. But cooking twice uses more gas/electricity and will probably drive you nuts! A naturally gluten-free meal can easily satisfy the whole family.

10. Compare prices online
It goes without saying that you can save money this way, but some people still don't like to shop for food online. Give it a go – Amazon and Ocado are both great places to start and have a large variety of gluten-free products at competitive prices.

11. Make a weekly meal plan
Plan your meals for the week and only buy what you need at the supermarket. You'd be amazed at how impulse purchases add up.

12. Take a packed lunch to work
Regardless of how expensive gluten-free bread is, this way will always be cheaper than the gluten-free lunch options available in the shops.

13. Look out for vouchers and coupons
Many companies hand out money-off vouchers and coupons for new products and things they want to promote. Keep your eyes out for these and collect everything you can. However, don't buy something just because it's got money off – only make use of those vouchers if it's a product you'd really like to try or use already.

14. Cut down on snacking
One way to save money is to stretch your calories rather than your pennies. Soups will keep you fuller for longer and are cheaper to make, while cutting down on your snacking could save you several pounds a week. If you don't want to cut treats out completely, just spend money on your favourites and try to turn them into indulgences rather than everyday eats. This will be good for your waistline as well as your wallet!

15. Cook from scratch
Depending on what you are making, this can be much cheaper and you'll get far more nutritional value from it than the processed variety. You also have the reassurance of knowing exactly what is going into each dish. Also don't be afraid to cook bigger amounts and freeze the leftovers – cooking a good gluten-free stock from scratch can be time consuming, but use what you need for that dish and then freeze the rest in individual portions. You can take out when you need them.



16. Grow your own herbs, or even vegetables
Herbs make a great addition to your cooking. Lettuce, tomatoes, pepper, radishes and carrots can all be grown in a window box. Growing your own is simple and therapeutic – look online for tutorials and guides.

17. Experiment with different world cuisines
Mexico, India, Thailand and Vietnam have a rich and flavoursome food culture that's largely gluten-free and can often be made cheaply.

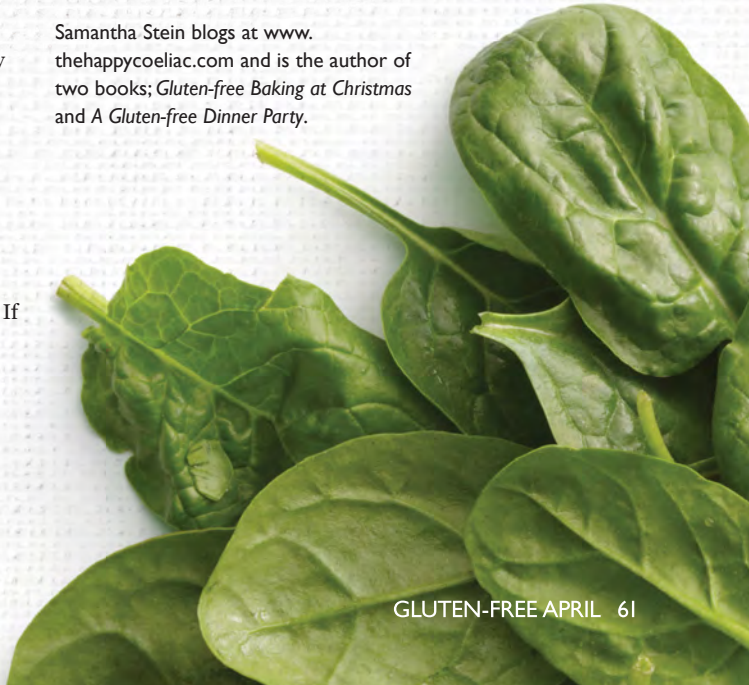
18. Learn to bake
Gluten-free flour might be more expensive than regular flour, but it's far cheaper to bake your own cookies, cakes and other treats than it is to buy them pre-packaged. Splash out on a few good ingredients and your bakes will not only be cheaper, but often taste better too!

19. Ignore food trends
Coconut products might be the new health craze, and yes they are gluten-free, but they are also very expensive. If it's a hot new food trend, it is likely to be overpriced.

20. Learn how to make a Spanish tortilla
Seriously. Made with eggs, potatoes and onions (chorizo optional), this can be breakfast, lunch or dinner. It's nutritious, filling and popular with kids. This dish could be a life saver in the week before pay day when cash is tight.

Samantha Stein blogs at www.thehappycoeliac.com and is the author of two books; *Gluten-free Baking at Christmas* and *A Gluten-free Dinner Party*.





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Lasagna rolls **66**



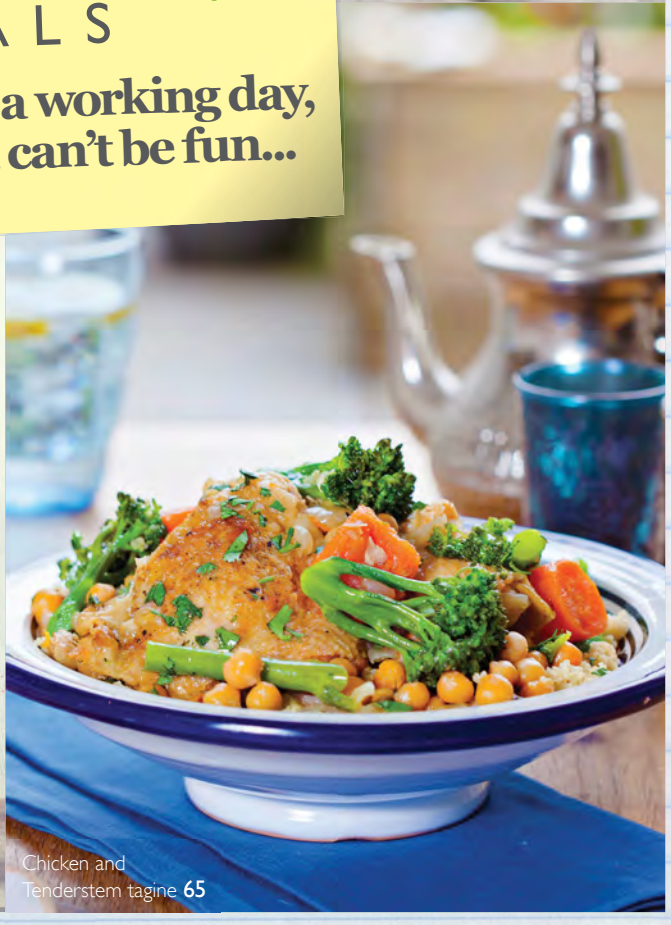
Courgette and fennel fritters **64**

Gluten-Free HEAVEN Midweek MEALS

Just because it's a working day, doesn't mean it can't be fun...



Quinoa and vegetable courgette rolls **68**



Chicken and Tenderstem tagine **65**



Recipe taken from *The Paleo Chef* by Pete Evans, published by Ten Speed Press. (RRP $19.07).

Courgette and fennel fritters

By Pete Evans

GF DF MF

Serves **4-6** | *Prep* **15 mins** *plus 15 minutes to set* | *Cook* **25 mins** | *Calories* **219**

500g (1lb 1oz) courgette, grated
250g (9oz) sweet potato, peeled, grated
50g (1¾oz) fennel bulb, shaved
2 tbsp fresh parsley leaves, chopped
2 tbsp fresh mint leaves, chopped
4 onions, peeled, sliced
finely grated zest of 1 lemon
3 free-range eggs
50g (1¾oz) almond flour, plus extra if needed
4 tbsp ghee, or coconut oil

TO SERVE

2 handfuls of rocket
lemon wedges

1. Combine the courgette and sweet potato in a colander. Sprinkle with a good pinch of sea salt and mix through. Set aside for 15 minutes.
2. Squeeze out the moisture from the courgette and sweet potato, then add to a bowl with the fennel, parsley, mint, onions, a few grinds of cracked black pepper, lemon zest, eggs and almond flour. Mix well until incorporated. At this stage it's good to test and cook a fritter to make sure it holds together. Add a touch more almond flour, if you need it. Form the mixture into 6cm (2in) patties.
3. Heat a frying pan over a medium heat and add the ghee. When the ghee is hot, add the fritters and cook for about 4 minutes until golden, turning once. Serve with rocket and lemon.

15.8g	8.9g	0g	5g	7g
Total fat	Saturates	Salt	Sugar	Protein

Chicken & Tenderstem tagine

By Tenderstem Broccolli (www.tenderstem.co.uk) GF DF EF

Serves **4** | *Prep* **10-15 mins** | *Cook* **1-1½ hrs** | *Calories* **436** *(per serving)*

FOR THE TAGINE

2 tbsp olive oil

800g (1lb 11oz) chicken thighs, or a combination of thighs and drumsticks

2 carrots, peeled, chopped

2 onions, peeled, chopped

2 garlic cloves, peeled, crushed

1 tsp ground cumin

1 tsp ground cinnamon

1 tsp ground ginger

salt and freshly ground black pepper

500ml (18fl oz) gluten-free chicken stock

400g (14ml) tin of chickpeas, drained, rinsed

2 tsp runny honey

300g (10½oz) Tenderstem, each stem cut in half

TO SERVE

harissa paste (optional)

a generous handful of coriander, chopped

steamed couscous

1. Add the oil to a flameproof casserole or large saucepan and set over a medium heat. Fry the chicken pieces on both sides until golden. Once the chicken is all browned, return it all to the pan along with any juices.
2. Add the carrots, onions, garlic, cumin, cinnamon and ginger and fry for a further 2 minutes, stirring well to coat the meat with the spices. Season with a little salt and pepper.
3. Pour over the stock and add the chickpeas and honey, stirring thoroughly. Bring up to a steady simmer. Turn down the heat, cover with a lid and cook gently for 60-75 minutes, or until the chicken is tender.
4. Once the chicken is cooked, stir through the Tenderstem, re-cover and simmer for a further 10 minutes, or until the Tenderstem is just tender, but with plenty of bite. Scatter over the coriander and serve with plenty of couscous to soak up the juice. Serve the harissa on the side as an optional extra to mix through.



14.3g	2.9g	1.2g	11.7g	60.9g
Total fat	Saturates	Salt	Sugar	Protein



Recipe taken from *Real Food For Everyone* by Ann Gentry, photography by Sara Remington, published by Andrews McMeel Publishing. (RRP £12.99).

Lasagna rolls

By Ann Gentry GF DF EF MF V

Serves **12** | *Prep* **15 mins** | *Cook* **1½ hrs-1¾ hrs** | *Calories* **363** *(per serving)*

2½ tbsp olive oil

2 onions, peeled, thinly sliced

6 garlic cloves, peeled, minced

2 tbsp basil, chopped

1 tsp fine sea salt

½ tsp freshly ground black pepper

3 carrots, peeled, diced

2 courgettes, diced

1 head of broccoli, stems removed, florets finely chopped

450g (1lb) tofu ricotta cheese

12 egg-less gluten-free lasagna sheets

700ml (1¼pt) gluten-free tomato sauce

1. Preheat the oven to 180°C./Gas Mark 4
2. Heat 1 tbsp oil in a large, heavy frying pan over a medium-high heat. Add the onions, garlic, basil, salt and pepper. Sauté for about 10 minutes until the onions are tender. Add the carrots, courgette and broccoli and sauté for a further 12 minutes until the carrots are crisp and tender. Allow to cool completely. Mix the vegetable mixture into the tofu ricotta cheese.
3. Cook the lasagna in a large pot of boiling salted water, stirring for about 10 minutes until tender. Drain and rinse the lasagna, then toss them with 1 tbsp oil to prevent the sheets from sticking together.
4. Coat a 34x23cm (13x9in) baking dish with the remaining oil. Spread one-third of the tomato sauce on the bottom of the dish. Using a spatula, spread the vegetable mixture evenly over each lasagna sheet, leaving a little space at each end uncovered. Roll up each sheet tightly and place it seam-side-down in the baking dish. Pour the remaining tomato sauce over the lasagna rolls.
5. Cover the dish with foil. Bake in the oven for about 55 minutes until the sauce bubbles. Remove the foil and continue baking for 15 minutes.

23.8g	3.7g	0.9g	5.3g	10g
Total fat	Saturates	Salt	Sugar	Protein

Chilli con carne

By Tilda Rice (www.17brightideas.com.au)

GF DF EF

Serves **20** | *Prep* **20 mins** *plus chilling* | *Cook* **35 mins** | *Calories* **493** *(per serving)*

1kg (2lb 2oz) Tilda Easy Cook Basmati Rice

2.5kg (5lb 5oz) lean beef mince, coarsely ground

4 tbsp sunflower oil

3 onions, peeled, sliced

6 garlic cloves, peeled, crushed

5 large red chillies, deseeded, sliced

1 tbsp chilli powder

3 tbsp ground coriander

2 tbsp dried oregano

1.6kg (3lb 6oz) tomatoes, canned, chopped

100g (3½oz) tomato purée

600g (1lb 4oz) tinned red kidney beans, drained

salt and freshly ground black pepper

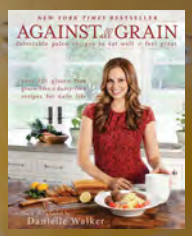
30g (1oz) dairy-free sour cream

fresh coriander, to garnish

1. Heat a large frying pan and brown the mince in half of the oil until it is separate and crumbly, then remove from the pan. Add the remaining oil, onions, garlic and chillies and fry. Stir in the spices and oregano and cook for 1-2 minutes.
2. Add the mince back to the pan with the chopped tomatoes and tomato purée. Bring to the boil, then simmer, partly covered for 10 minutes.
3. Meanwhile, cook the rice according to the packet instructions.
4. Add the kidney beans to the mince and cook for a further 5 minutes. Season to taste, then serve on top of the rice with sour cream and fresh coriander.



10.6g	3g	0.1g	5.2g	38.1g
Total fat	Saturates	Salt	Sugar	Protein



Recipe taken from *Against All Grain* by Danielle Walker, published by Victory Belt. (RRP £23.07).

Asparagus, leek, and prosciutto quiche

By Danielle Walker **GF** **DF**

Serves 12 | Prep 30 mins | Cook 1 hr 10 mins | Calories 269 (per serving)

2 tsp extra-virgin olive oil

1 leek, thinly sliced

450g (1lb) asparagus, stalks trimmed, thinly sliced on the diagonal

55g (2oz) prosciutto, chopped

6 free-range eggs

60ml (2fl oz) almond milk

115ml (4fl oz) coconut milk

½ tsp sea salt

¼ tsp freshly ground black pepper

a dash of nutmeg

FOR THE PASTRY CRUST

500g (1lb 1oz) blanched almond flour

1 tbsp coconut flour

1 free-range egg

5 tsp ice water

¾ tsp sea salt

3½ tbsp palm shortening

1. For the pastry crust, preheat the oven to 170°C/Gas Mark 3.
2. Place all the ingredients, except the shortening, in a food processor and process for 30 seconds.
3. Add the shortening in small spoonfuls, spacing them out around the bowl.
4. Pulse four or five times, just enough for the shortening to be mixed in and the dough to come together.
5. Press the dough into the bottom and up the sides of a 23cm (9in) pie dish. Create fluted edges with your fingers if desired.
6. Cut a circle of parchment and fit into the bottom of the pie shell. Fill with dried beans or rice, then blind bake in the oven for about 10 minutes until the edges begin to turn gold. Remove the beans and parchment paper and bake for a further 5 minutes more. Transfer to a wire rack and allow it to cool.
7. Heat the oil in a skillet over medium heat. Add the leek, asparagus, and prosciutto and sauté for 6-8 minutes, or until tender.
8. Place the eggs, almond milk, coconut milk, salt, pepper, and nutmeg in a bowl and beat to combine.
9. Cover the edges of the par-baked crust with foil or a pie shield.
10. Spread the vegetable mixture over the bottom of the crust. Pour the egg mixture over it, place in the oven, and bake for 25-30 minutes, or until the centre jiggles slightly, but is not liquid. Cool to room temperature before serving.

20.8g	6.8g	0.3g	2.5g	9.9g
Total fat	Saturates	Salt	Sugar	Protein



Cauliflower tart

GF MF

Serves **4** | *Prep* **20 mins** | *Cook* **1 hr** | *Calories* **179** *(per serving)*

575g (20oz) cauliflower florets
55g (2oz) coconut flour
25g (1oz) Parmesan cheese, grated
1 tsp salt
1 tsp bicarbonate of soda
1 large free-range egg
6 large free-range egg whites
1 tsp lemon juice

TO SERVE

tapenade
mustard and cress
salad leaves
beans

1. Preheat the oven to 200°C/Gas Mark 6. Line a 21x10cm (8½x4in) baking tin with a double thickness of non-stick baking paper.
2. Place the cauliflower in a food processor. Pulse a few times, until chopped finely and looking like grains of rice. Add the remaining ingredients and pulse until smooth.
3. Put the mixture into the tin and smooth the top. Reduce the oven temperature to 190°C/Gas Mark 5. Bake for 10 minutes.
4. Reduce the temperature to 180°C/Gas Mark 4 and bake for a further 50 minutes, until risen and cooked through.
5. Remove from the oven and cool in the tin on a wire rack.
6. Slice the tart and sandwich with tapenade. Garnish with mustard and cress and salad leaves and serve with beans.

5.1g	2.3g	1g	4.3g	15g
Total fat	Saturates	Salt	Sugar	Protein

Quinoa and vegetable courgette rolls

GF DF EF MF V

Serves **20** | *Prep* **20 mins** *plus 30 min to chill* | *Cook* **15 mins** | *Calories* **85** *(per roll)*

4 medium courgettes
3-4 tbsp olive oil, plus extra for drizzling
3-4 tbsp balsamic vinegar, plus extra for drizzling
200g (7oz) quinoa, rinsed, drained
600ml (21fl oz) water
juice of 1 lemon
2 tbsp extra virgin olive oil
salt and freshly ground black pepper
2-3 baby carrots, peeled, diced
1 green bell pepper, seeds removed, diced
2-3 tomatoes, diced

1. Slice the courgettes lengthways using a vegetable peeler. Drizzle a little olive oil and balsamic over two large plates and lay the strips flat, trying not to overlap them. Sprinkle with more oil and balsamic, cover and chill for at least 30 minutes.
2. Bring the quinoa and water to a simmer for 10 minutes, until the quinoa is tender and the water is almost absorbed. Drain well, then set aside to cool.
3. Whisk together the lemon juice and oil. Season to taste and set aside.
4. Combine the carrots, pepper, tomatoes and quinoa. Pour over the lemon dressing and toss to combine. Place a little of the mixture onto one end of a courgette strip and roll up. Repeat with the remaining courgette strips and the filling.



4.9g	0.7g	0.1g	1.4g	2.1g
Total fat	Saturates	Salt	Sugar	Protein

All recipe development and food photography on pages 68-70 © Stockfood, The Food Media Agency

Prawn linguine

GF DF

Serves **4** | *Prep* **45 mins** *plus 30 mins for chilling* |
Cook **15 mins** | *Calories* **801** *(per serving)*

200g (7oz) rice flour

200g (7oz) cornflour

6 tbsp potato starch flour

4 tsp xanthan gum

a pinch of salt

6 large free-range eggs

3 tbsp olive oil

fine cornmeal, for dusting

1 tbsp extra-virgin olive oil

2 ripe tomatoes, finely chopped

300g (11oz) raw tiger prawns, shelled

75g (2½oz) peppers in oil, drained, chopped

2 garlic cloves, peeled, finely chopped

1 red chilli, seeds removed, finely chopped

30g (1oz) baby spinach leaves, torn

1½ tbsp shredded basil

1½ tbsp balsamic vinegar

TO GARNISH

lemon wedges

1. For the pasta, put the rice flour, cornflour, potato flour, xanthan gum and salt into a food processor, then pulse to mix. Add the eggs and oil and blend until well combined.
2. Turn out and knead a little to bind and form a dough, then wrap in clingfilm and rest for 30 minutes.
3. Take a tennis ball-sized piece of dough and squash it flat. Keep the remaining dough covered with clingfilm, to prevent it from drying out.
4. Push the piece of dough through the pasta roller on the widest setting. The dough will crumble as it comes out of the pasta machine. Patch the pieces together gently and push through again on the widest setting. Repeat until the dough comes out in one piece.
5. Fold the sheet into three pieces and roll through the widest setting. Repeat three times until you have a rough square shape, then start working it through the machine, taking it down one setting at a time, until the thinnest setting. This will produce a long, wide sheet of pasta.
6. You can also roll the dough by hand using a rolling pin, but you will need to roll the pasta sheets very thinly.
7. Cut into long thin strips and place on a tray dusted with cornmeal to dry a little.
8. Cook the linguine in a large pan of salted boiling water for 3-4 minutes, until al dente. Drain, reserving a little of the cooking liquid.
9. Heat the oil in a large frying pan over a medium heat. Add the tomatoes and cook, stirring, for 2 minutes.
10. Add the prawns and peppers and stir for 1-2 minutes, until the prawns are just turning pink. Add the garlic and chilli and cook for 1 minute until the prawns are cooked. Remove from the heat.
11. Stir in the spinach, basil, vinegar and linguine, adding a little of the reserved cooking water, until well mixed. Season with salt and pepper and garnish with lemon wedges.



25.9g	5g	0.5g	2.8g	33.9g
Total fat	Saturates	Salt	Sugar	Protein

Amaranth soup with a puff pastry crust

GF EF MF

Serves **6** | *Prep* **35 mins** *plus 4 hrs for chilling and 40 mins for standing* | *Cook* **35 mins** | *Calories* **776** *(per serving)*

FOR THE PASTRY

345g (12oz) unsalted butter, diced, frozen

135g (5oz) potato starch flour

135g (5oz) cornflour

50g (1¾oz) brown rice flour

50g (1¾oz) sweet rice flour

2 tsp xanthan gum

½ tsp guar gum

1 tsp salt

180ml (6fl oz) chilled water

FOR THE SOUP

4 tbsp olive oil

1 onion, peeled, finely chopped

900g (2lb) cauliflower florets

water

salt

250g (9oz) amaranth grains

250ml (9fl oz) double cream

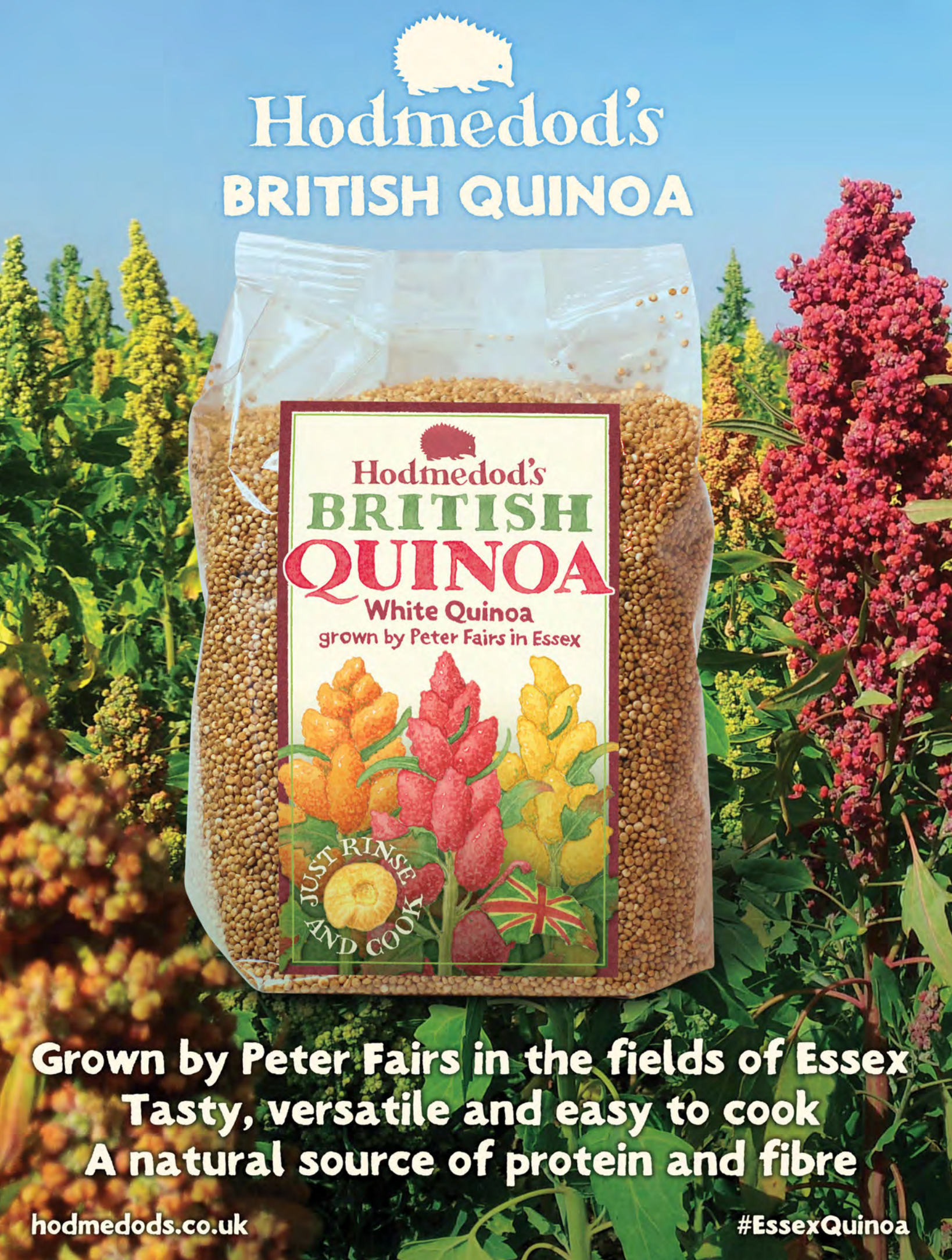
freshly ground black pepper

milk, for brushing

1. For the pastry, combine the potato starch, cornflour, brown rice flour and sweet rice flour in a mixing bowl. Add the xanthan gum, guar gum and salt and stir well.
2. Add the butter and whisk on the lowest speed, until the edges of the butter pieces have started to soften. Pour in the water and mix until absorbed.
3. Turn out the mixture onto a large sheet of non-stick baking paper and knead it together with your hands, just enough to bring it together.
4. Place another sheet of baking paper on top and gently roll the dough out to a rough rectangle, taking care not to roll over the edges. Fold the bottom third of the dough towards the middle, then fold the top third on top of it. Rotate the dough one-quarter turn to your right (clockwise).
5. Roll out the dough gently as before, until smoother and more cohesive. Fold the bottom third up and overlap the top third over it. Rotate the dough one-quarter turn to your right (clockwise).
6. Repeat the turning, rolling and folding process twice more.
7. Wrap the folded dough in clingfilm and chill for 2 hours.
8. Remove from the refrigerator and stand at room temperature for about 20 minutes.
9. Repeat the turning, rolling and folding process twice more. Wrap the dough in clingfilm and chill for a further 2 hours, then stand at room temperature for about 20 minutes before using.
10. For the soup, heat the olive oil in a pan and cook the onion for a few seconds, then add the cauliflower and cook for about 5 minutes, stirring often.
11. Add water up to the level of the vegetables, a pinch of salt and reduce the heat. Simmer until the vegetables are tender.
12. Put the amaranth in a pan with twice its volume of cold water. Bring to a boil and cook for about 20 minutes until tender. Rinse and set aside. Reserve some grains for the garnish.
13. Drain the cauliflower mixture and put into a blender or food processor with the cream and amaranth. Blend until smooth and season to taste with salt and pepper. Add a little water if the soup is too thick.
14. Spoon into ovenproof soup bowls.
15. Preheat the oven to 200°C/Gas Mark 6.
16. Roll out the puff pastry, about 5mm (¼in) thick and cut out four rounds to fit the bowls. Dampen the edges of the bowls and place the pastry rounds on top. Brush with milk.
17. Bake in the oven for about 15 minutes, until the pastry is crisp and golden. Sprinkle with the reserved amaranth grains.



39.1g	18.3g	0.1g	7.2g	18g
Total fat	Saturates	Salt	Sugar	Protein


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Enjoy with friends!

Something for the weekend

Go the extra mile in the kitchen and cook up a special treat..



Spanish baked paella with prawns, Tenderstem & peppers

By Tenderstem Broccoli (www.tenderstem.co.uk) GF SF DF EF

Serves **4-6** | *Prep* **15 mins** | *Cook* **35 mins** | *Calories* **447** *(per serving)*

a pinch of saffron threads
2 tbsp olive oil
200g (7oz) cooking chorizo, diced
2 medium onions, peeled, chopped
2 red peppers, chopped
2 garlic cloves, peeled, crushed
250g (9oz) white rice, ideally paella rice, or if not basmati works well
450ml (16fl oz) gluten-free chicken stock
salt and freshly ground black pepper
300g (10½oz) Tenderstem, each stem cut in half
300g (10½oz) raw king prawns
a small bunch of flat-leaf parsley, chopped
1 lemon, cut into wedges, to serve

1. Preheat the oven to 200°C/Gas Mark 6. Sprinkle the saffron threads into a small heatproof glass or bowl and pour over 2 tbsp boiling water. Set aside to infuse.
2. Add the oil to a large heatproof casserole dish and set over a medium high heat. When it is hot, add the chorizo, onions and peppers and fry together for 10 minutes, stirring until they are a little coloured at the edges.
3. Reduce the heat a little before stirring through the garlic and rice. Fry for a couple of minutes, making sure all the rice grains are well coated in the juices. Pour in the stock and saffron, along with its soaking water, stirring well to mix. Season with a little salt and freshly ground black pepper. Cover with a tight fitting lid or snuggly tucked piece of foil, then bake in the oven for 25 minutes.
4. Blanch the Tenderstem in a pan of boiling water for 2 minutes. Drain well.
5. Remove the paella from the oven, stir through the Tenderstem and prawns and most of the parsley. Return to the oven for a further 10-15 minutes, until the prawns are pink and the Tenderstem cooked, but with a little bite. Serve immediately with a little extra parsley scattered on top and lemon wedges.

TIP Replace the prawns with an equal quantity of leftover roast chicken for an easy midweek supper.

19.4g	5.8g	0.8g	4g	25.9g
Total fat	Saturates	Salt	Sugar	Protein

Mum's burgers

By Pete Evans GF SF DF

Serves **2-4** | *Prep* **15 mins** *plus chilling* | *Cook* **25 mins** | *Calories* **773**

8 large Portobello mushrooms, cores removed
6 tbsp coconut oil, melted
sea salt and freshly cracked black pepper
600g (1lb 6oz) ground beef chuck
½ a yellow onion, peeled, finely diced
1 yellow onion, peeled, sliced into rings
5 free-range eggs
1 tbsp fermented mustard
2 garlic cloves, peeled, minced
1 tbsp fresh flat-leaf parsley, chopped
a pinch each of red pepper flakes and dried oregano
4 slices of nitrate-free bacon (optional)

CONDIMENTS

8 butter lettuce leaves
8 ripe tomato slices
1 carrot, peeled, grated
1 beetroot, peeled, cut into thin matchsticks
4 pickles or gherkins, sliced
4 tbsp chipotle aïoli
2 tbsp fermented ketchup or homemade ketchup
2 tbsp fermented mustard or other mustard you love

1. Preheat the oven to 240°C/Gas Mark 9. Line a baking sheet with parchment paper, add the mushrooms gill side down and drizzle with 3 tbsp coconut oil. Season with sea salt and freshly cracked black pepper, then bake in the oven for 10 minutes, until tender. Place the mushrooms on paper towels to remove the excess moisture. Allow to cool.
2. To make the patties, in a large bowl, mix together the beef, diced onion, 1 egg, mustard, garlic, parsley, red pepper flakes, oregano, 1 tsp sea salt and 1 tsp freshly cracked black pepper. Shape into four patties about 8cm (3in) in diameter and 1.5cm (½in) thick.
3. Preheat a griddle on an outdoor grill or indoor grill pan to a medium heat. Add 2 tbsp coconut oil. Put the onion rings on the griddle and cook for about 10 minutes, stirring occasionally. Add the patties and bacon (if using), alongside the onions. Cook for 5 minutes or until golden, then flip the patties and bacon and continue cooking for a couple of minutes, until the meats are cooked through. The onion should be tender and caramelized.
4. Remove the patties, bacon and caramelized onions and set aside to keep warm. In separate serving bowls, set out the lettuce, sliced tomatoes, grated carrot, beet, pickles, aïoli, ketchup, and mustard.
5. Add the remaining oil to the griddle and fry the remaining eggs to your liking. Season with salt and pepper.
6. Place the burgers, mushrooms, grilled onions and fried eggs in the middle of the table with the condiments and let each diner build his or her own burger.



44g	25.1g	0.6g	14.2g	69.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Recipe taken from *The Paleo Chef* by Pete Evans, published by Ten Speed Press. (RRP $19.07).





Friday night pizza two ways

By Lee Holmes GF SF MF

Serves **2** | *Prep* **15 mins** *plus 15 mins for soaking* | *Cook* **20 mins** | *Calories* **343** *(per serving)*

3 tbsp tomato purée

60g (2¼oz) goats' cheese, crumbled

4 tomatoes, thinly sliced

nutritional yeast flakes, to serve

FOR A SPINACH BASE

cold-pressed extra virgin olive oil, for greasing

115g (4oz) spinach leaves

1 free-range egg, whisked

100g (3½oz) Cheddar cheese, grated

1 tsp dried basil

½ tsp oregano

Celtic sea salt

freshly ground black pepper

CAULIFLOWER BASE

cold-pressed extra virgin olive oil, for greasing

1 tbsp chia seeds

225g (8oz) cauliflower, cooked, shredded

100g (3½oz) almond flour

115g (4oz) nutritional yeast flakes

1 garlic clove, peeled, finely chopped

1½ tsp dried Italian herbs

a pinch of caraway seeds

1. For the spinach base, preheat the oven to 220°C/Gas Mark 7 and lightly grease a 30cm (12in) pizza tray with olive oil.
2. Place the spinach leaves in a food processor and pulse. Place the egg, cheese and herbs in a large bowl and add the spinach. Stir to combine and season with salt and pepper to taste.
3. Spread the dough evenly onto the pizza tray and bake in the oven for 12-15 minutes, or until the edges begin to brown. Remove from the oven and set the grill to high. Top the base with the tomato purée, goats' cheese and tomato slices and grill for 2-3 minutes. Sprinkle with nutritional yeast flakes and serve.
4. If you are using the cauliflower base, preheat the oven to 230°C/Gas Mark 8 and lightly grease a 30cm (12in) pizza tray with olive oil.
5. Place the chia seeds and 60ml (2fl oz) water in a bowl and set aside for 15 minutes. Add the soaked chia seeds to a large bowl with all the other ingredients and mix well.
6. Spread the dough evenly onto the pizza tray and bake in the oven for 12-15 minutes, or until the edges begin to brown. Remove from the oven and set aside to cool. Preheat the grill to high. Top the base with the tomato purée, goats' cheese and tomato slices and grill for 5 minutes. Sprinkle with nutritional yeast flakes and serve.

23.1g	11.4g	0.7g	8.3g	21.6g
Total fat	Saturates	Salt	Sugar	Protein

Recipe taken from *Supercharged Food: Eat Clean, Green & Vegetarian* by Lee Holmes, photography by Steve Brown and Cath Muscat, published by Murdoch Books. (RRP £14.99).





Lemon and leek prawns

By Tilda Rice (www.17brightideas.com.au)

GF SF DF EF

Serves **2** | *Prep* **5 mins** |
Cook **10 mins** | *Calories* **396** *(per serving)*

250g (9oz) pouch of Tilda brown basmati & quinoa rice
1 tbsp olive oil
175g (6oz) baby leeks, sliced
a small knob of ginger, peeled, finely grated
½ a red chilli, deseeded, finely chopped
1 garlic clove, peeled, crushed
200g (7oz) cooked tiger prawns
juice of ½ a lemon

1. Preheat the oil in a large frying pan, add the leeks and cook for 3-4 minutes until softened. Heat the pouch of rice according to the packet instructions.
2. Add the ginger, chilli and garlic to the pan, cook for 1 minute, then add the prawns and cook until heated through.
3. Stir through the cooked rice and squeeze over lemon juice to serve. Season to taste.
4. Serve piping hot.

11.3g	2g	0.1g	3.8g	24.6g
Total fat	Saturates	Salt	Sugar	Protein



Quark bakes with pumpkin seeds

GF SF MF

Serves **4-6** | *Prep* **25 mins** |
Cook **20 mins** | *Calories* **305** *(per serving)*

50g (1¾oz) butter
100g (3½oz) fresh gluten-free breadcrumbs
1 tbsp mixed dried herbs
600ml (21fl oz) milk
225g (8oz) quark, chopped
4 free-range eggs, separated
salt, to taste
cayenne pepper, to taste
3-4 tbsp pumpkin seeds

1. Preheat the oven to 180°C/Gas Mark 4. Grease four-six individual baking dishes.
2. Put the butter, breadcrumbs and herbs into a bowl.
3. Heat the milk to a boil, then pour into the breadcrumbs. Add the quark, egg yolks, salt and cayenne pepper. Beat well.
4. Whisk the egg whites until stiff, then gradually fold into the mixture.
5. Put the mixture into the dishes and sprinkle with pumpkin seeds.
6. Bake in the oven for about 20 minutes until risen and browned.

19.4g	9.2g	0.2g	7.4g	14.2g
Total fat	Saturates	Salt	Sugar	Protein

This recipe and all recipe development and food photography on pages 78-80 © Stockfood/The Food Media Agency



Herb cake with rocket

GF SF DF MF

Makes **1 Loaf** | *Prep* **20 mins** *plus 15 mins for standing* | *Cook* **35 mins** | *Calories* **251** *(per slice)*

3 large free-range eggs

50g (1¾oz) baby spinach

65g (2¼oz) chopped mixed herbs, e.g. tarragon, thyme, parsley

25g (1oz) white chia seeds, ground

2 tsp cider vinegar

2 tbsp coconut oil

75g (2½oz) coconut cream

190g (7oz) finely ground almonds, more if needed

½ tsp bicarbonate of soda

¼ tsp salt

2 tbsp dried onion flakes

2 tsp fennel seeds, crushed

TO GARNISH

rocket

1. Whisk together the eggs, spinach, herbs, chia seeds, vinegar, coconut oil and coconut cream until completely smooth. Leave to stand for 15 minutes to thicken.
2. Preheat the oven to 180°C/Gas Mark 4. Line a 20x8cm (7x3in) loaf tin with non-stick baking paper so that it hangs over the sides.
3. Stir together the dry ingredients until well combined.
4. Add the dry ingredients to the wet ingredients and mix briefly to a thick porridge consistency. If the mixture is too thin, stir in more ground almonds.
5. Put the mixture into the tin and bake in the oven for 30-35 minutes, until a skewer inserted into the centre comes out clean. Cool in the tin for 10 minutes before slicing. Garnish with rocket.

20.6g Total fat | 6.3g Saturates | 0.2g Salt | 2.1g Sugar | 6.1g Protein



Celeriac gratin with thyme

GF SF EF MF

Serves **4-6** | *Prep* **20 mins** | *Cook* **50 mins** | *Calories* **529** *(per serving)*

1kg (35oz) potatoes, peeled, thinly sliced

1 large celeriac, peeled, thinly sliced

1 onion, peeled, thinly sliced

salt and freshly ground black pepper

2 garlic cloves, peeled, finely chopped

75g (2½oz) Parmesan cheese, grated

1 tsp chopped thyme

600ml (21fl oz) double cream

2 sprigs of thyme

1. Preheat the oven to 200°C/Gas Mark 6. Butter a baking dish.
2. Layer the potatoes, celeriac and onion in the baking dish, seasoning each layer with salt and pepper.
3. Sprinkle over the garlic, three-quarters of the cheese and the chopped thyme.
4. Pour over the cream and gently stir to mix the flavours. Sprinkle over the remaining cheese and place the thyme sprigs on top.
5. Bake in the oven for about 50 minutes, until tender and golden.

40.6g Total fat | 25.2g Saturates | 0.3g Salt | 3.3g Sugar | 9.7g Protein

Curried vegetable pie

GF SF MF

Serves **4-6** | *Prep* **45 mins** *plus 30 mins for chilling* |
Cook **45 mins** | *Calories* **707** *(per serving)*

FOR THE PASTRY

350g (12oz) chickpea flour, plus extra for dusting
½ tsp salt
6 tbsp Parmesan cheese, grated
1 free-range egg, beaten
4 tbsp soured cream
200g (7oz) butter

FOR THE FILLING

300g (11oz) low fat quark
3 free-range eggs
150ml (5fl oz) double cream
1 carrot, peeled, sliced
1 celery stick, sliced
1 courgette, halved lengthways, sliced
½ a red bell pepper, chopped
½ a yellow bell pepper, chopped
½ a leek, chopped
2 tsp curry powder
salt and freshly ground black pepper

1. For the pastry, mix the flour with the salt and half the Parmesan in a mixing bowl.
2. Make a well in the centre and add the egg and soured cream. Dot the butter around the edges. Mix quickly by hand to a smooth dough. Form the dough into a ball, wrap in clingfilm and chill for 30 minutes.
3. Preheat the oven to 180°C/Gas Mark 4. Grease a 10x25cm (4x10in) pie or loaf tin.
4. For the filling, beat the quark with the eggs, remaining Parmesan and the cream. Mix in the vegetables and season with salt, curry powder and ground black pepper.
5. Roll out two-thirds of the dough on a floured surface to fit the tin. Line the tin with the dough and fill the pie with the vegetable mixture.
6. Roll out the remaining pastry and cut into 1cm (½in) wide strips. Lay the strips on top of the vegetable mixture in a criss cross pattern.
7. Bake in the oven for 40-45 minutes until golden brown. Cool in the tin for 10 minutes, then cut into slices to serve.



50.9g Total fat | 28.4g Saturates | 0.7g Salt | 11g Sugar | 22.9g Protein

Sausage and broccoli rabe torta

GF SF

Serves **4-6** | *Prep* **25 mins** *plus chilling* | *Cook* **50 mins** | *Calories* **658** *(per serving)*

2 large free-range eggs

150ml (5fl oz) milk

55g (2oz) gluten-free plain flour

¼ tsp salt

3 tbsp melted butter

FOR THE FILLING

350g (12oz) broccoli rabe, roughly chopped

3 tbsp olive oil

4 garlic cloves, peeled, finely chopped

½ tsp dried red pepper flakes

350g (12oz) gluten-free Italian sausage, casing removed

FOR THE SAUCE

55g (2oz) butter

25g (1oz) gluten-free plain flour

400ml (14fl oz) milk

¼ tsp salt

¼ tsp freshly ground black pepper

50g (1¾oz) Parmesan cheese, grated

TO FINISH

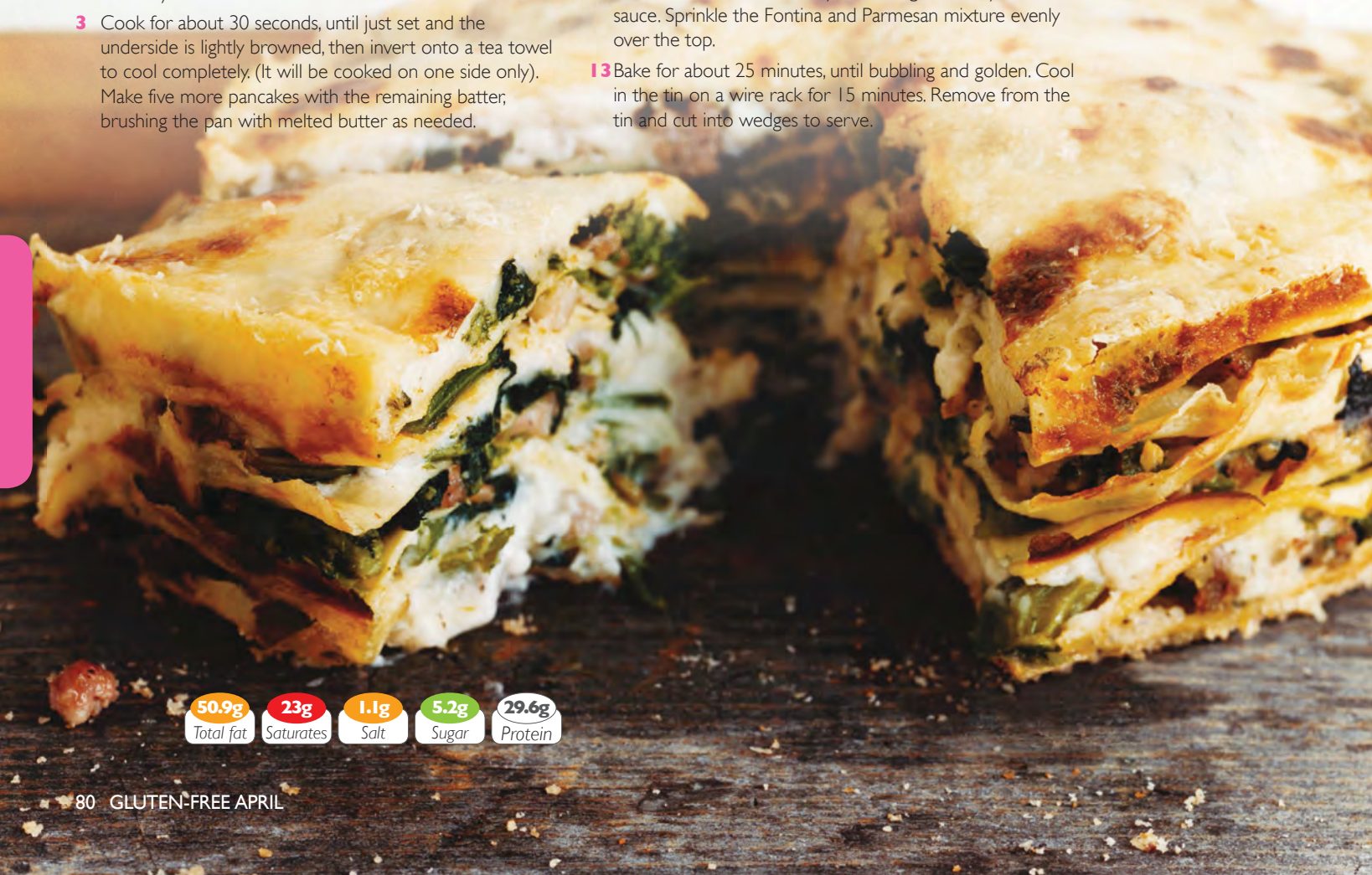
1 tbsp melted butter

25g (1oz) dry gluten-free breadcrumbs

100g (3½oz) Fontina cheese, grated

50g (1¾oz) Parmesan cheese, grated

1. Whisk together the eggs, milk, flour and salt until smooth.
2. Lightly brush a 25cm (10in) frying pan with melted butter and heat until hot, but not smoking. Ladle about one-quarter of the batter into the pan, tilting to coat the base. Pour any excess batter back into the bowl.
3. Cook for about 30 seconds, until just set and the underside is lightly browned, then invert onto a tea towel to cool completely. (It will be cooked on one side only). Make five more pancakes with the remaining batter, brushing the pan with melted butter as needed.
4. Preheat the oven to 200°C/Gas Mark 6. Grease a 20cm (8in) springform tin. Wrap the outside of the entire base with a double layer of foil.
5. For the filling, cook the broccoli rabe in a pan of boiling salted water, uncovered, for about 5 minutes, until just tender. Drain and rinse, then drain well.
6. Heat the olive oil in a frying pan and cook the garlic and pepper flakes for 5 minutes, stirring occasionally.
7. Add the sausage and cook, breaking up the sausage with a fork or spoon, for about 5 minutes, until no longer pink inside. Stir in the broccoli rabe and cook, stirring, to coat with sausage, until heated through. Remove from the heat.
8. For the sauce, heat the butter in a heavy-based pan over a low heat until the foam subsides, then whisk in the flour and cook, whisking for 3 minutes.
9. Gradually add the milk, whisking constantly and bring to a boil. Reduce the heat and simmer for 5 minutes, whisking occasionally. Stir in the salt, pepper, and cheese, then remove from the heat.
10. Brush the base and sides of the tin with melted butter, then sprinkle the base with breadcrumbs.
11. Stir together the Fontina and Parmesan and set aside.
12. Put one pancake in the base of the tin, then sprinkle with one-sixth of the filling and drizzle with one-third of a cup of sauce. Make five more layers, ending with a layer of sauce. Sprinkle the Fontina and Parmesan mixture evenly over the top.
13. Bake for about 25 minutes, until bubbling and golden. Cool in the tin on a wire rack for 15 minutes. Remove from the tin and cut into wedges to serve.



50.9g	23g	1.1g	5.2g	29.6g
Total fat	Saturates	Salt	Sugar	Protein





My free-from life... Kim McGowan

We meet a reader who has learned to embrace her diagnosis...

WHEN 36-YEAR OLD Kim McGowan, from Brockley, South East London, was diagnosed with coeliac disease, it was a hammer blow in her life. A foodie from childhood, she worked as a product developer for a large supermarket chain. She had to taste food every day and, a decade ago, nobody really understood what it was to be gluten free. Overnight, she felt unable to do her job....

"It was about ten years ago when I was undergoing tests for joint problems that my diagnosis came about. I was having a lot of pain and discomfort which was waking me up at night. There is arthritis in the family so I was undergoing tests, but everything was coming back negative.

"I started doing my own research and read *The Optimum Nutrition Bible* by Patrick Holford. It was then I realised that perhaps certain ingredients were bad for me, so I started to reduce my intake of wheat.

"Then I went away on a weekend to Dublin with friends and we survived on a diet of Guinness and white bread. I started to get very, very ill and thought I had food poisoning – though nobody else was suffering. I went to the doctor's and they did a test for coeliac disease – as my aunt did have it – and that was it. I was diagnosed.

"The diagnosis was a big problem for me professionally. At the time I was a product developer for Sainsbury's and my job involved tasting food every day. In fact, on the day I received the diagnosis, I went back to work and straight into a tasting session for quiche!

"My employer tried very hard to find another role within the business, but it just didn't work out. At the time 'free-from' products were such a small part of the business, so I decided the best course of action was to leave and try something else.

Now my whole professional life revolves around being gluten-free in a positive way...

"I went cold turkey at home and cut out wheat. It wasn't that difficult because I've always cooked and we'd always had an organic veg box since moving to London, so I did what I'd always done, but without gluten. My partner Jack, who is now my husband, was very supportive and was happy to continue eating what I was cooking – which was simple, good quality food.

"I decided I still wanted to work in the food industry. Opportunities began to grow – I became a food writer for a successful food blog run by Henrietta Green called *Food Lovers Britain*. I then started writing my own blog, sharing information about where to go to eat if you live gluten-free (www.naturallyglutenfree.wordpress.com).

"Last year I set up a venture organising eating out events for people who live gluten-free, for whatever reason. I also run the Coeliacs South London local group, as well as carrying out auditing work for the London's Farmers Markets.

"Now my whole professional life revolves around being gluten-free in a positive way. I'm passionate about what I do and I love meeting independent, small producers who are equally passionate about the food they produce. Quality matters to them.

"There is a now a much greater understanding of, and interest in, gluten-free living – and I'm proud to be part of it."

Want to share your story with us? Get in touch by emailing nick.gregory@anthem-publishing.com

THE GLUTEN FREE CENTRE

Kim McGowan is a member of the Gluten Free Centre, an award-winning online directory and community hub. It is fast becoming a trusted resource for over 7,000 gluten-free people in the UK who are visiting the site each month, as well as supporting the 18,000 people keeping up with its latest news on Facebook.

Visitors can sign up to a regular free newsletter, *The Gluten Free Weekly*, bringing the latest tips, news, offers, events and competitions from the gluten-free world.

The Gluten Free Centre has recently launched a free mobile app which can help you find your nearest gluten-free friendly take-aways, places to eat out, stay or shop.

- **www.theglutenfreecentre.co.uk**
- **Facebook - www.facebook.com/theglutenfreecentre**
- **Twitter - @theGFcentreUK**

Hemsley & Hemsley

London-based sisters Jasmine and Melissa Hemsley's philosophy is simple: a healthy gut leads to a healthy body and mind, and a better, happier you...



This extract is taken from *Hemsley Hemsley, The Art of Eating Well* by Jasmine and Melissa Hemsley, published by Ebury Press. (RRP £25).

OUR SOCIETY IS JUST beginning to acknowledge the ill effects of high-sugar, high-gluten, overly processed and chemical-laden foods in our diet. These foods have become so much a part of mainstream eating that we can be forgiven for being completely confused about what the ideal diet is.

Much of the food on offer to us is nutritionally substandard. It will keep you alive, but not necessarily in the best of health if eaten as the bulk of your diet. Natural foods are often overshadowed by commercially produced, heavily advertised 'health foods', which are usually designed in a lab and are full of ingredients and chemicals that we, let alone our bodies, struggle to recognise.

The Hemsley & Hemsley way is to keep it simple and as close to nature as possible. This means we eat meat and vegetables, taking the best ingredients and foods from the plant and animal kingdoms as humans have always done. H+H food is free from gluten, grains and refined sugars, instead focusing on nutrient-dense, unprocessed foods, good fats and bone broth.

We encourage you to eat organic vegetables, sustainable and ethically caught wild fish and grass-fed naturally reared, free-range meat. We enjoy high-quality dairy and a whole range of natural fats, including butter, unrefined oils and animal fat. This produce is better for nutrition, the environment, local economy and, in our opinion, it really does taste better.

We avoid processed foods, refined carbohydrates and sugar, and chemical sweeteners. Instead, we stick to pseudocereals, such as quinoa and amaranth, seasonal fruit and naturally sweet ingredients such as raw honey and maple syrup that have nutritional value.

Humans evolved to eat natural foods, foods that were foraged, hunted or grown. Many of us have lost this connection to the food we eat. We believe it's important to re-establish that link.

We don't believe in dieting or that good health is as simple as 'calories in, calories out'; this is not a natural way of evaluating what to eat. The answer is not to limit calories, but to eat more high-quality foods and listen to our bodies.

We don't believe in dieting or that good health is as simple as 'calories in, calories out'...

Who we are

HEMSLEY + HEMSLEY, launched in 2010, is our family-run, bespoke food service looking after individuals and their families all over the world, including high-profile people within the music, media, fashion, beauty, health and wellness industries.

Alongside the food delivery service, we consult for private clients, restaurants and hotels as well as catering at dinner parties and events. In 2012 we joined Vogue.co.uk as food bloggers, which allowed us to share our nourishing recipes with a wider audience.

We have been developing the H+H way of eating for almost ten years and, while it is now our business to help others overhaul their eating, it all began as a very personal journey.

Jasmine worked as a model for over 15 years, a profession that made her very aware of her food choices and health. Melissa travelled the world as a fashion brand manager and then worked in marketing for gastro pubs and bars. Long hours, late nights and trying to eat on the go were challenges for both of us.

We have always loved cooking and recognised the relationship between food and health. On the surface we thought ourselves 'normal and healthy' young women. However, when we began tuning into our bodies we realised that we weren't functioning at our best.

We were suffering from those everyday niggles and ailments like indigestion, acid reflux, IBS, eczema, stress and exhaustion from work. We realised that we weren't alone and that others around us were experiencing and accepting the same health problems as a normal occurance. Why then were we still putting up with and feeling less than our best?

We researched, read and navigated our way through the bewildering variety of food, diet options and philosophies that were on offer. Through countless hours of personal studying, attending talks, conferences and lectures, and working with respected clients and experts in the wellness fields, we developed an approach to eating that made sense to us and more importantly made us feel great.

Friends and family noticed the almost instant dramatic change in us, loved the food we were putting on the table and wanted to be in on the secret. At their request, we started teaching them, then their friends, and then friends of friends, how to cook a handful of our favourite everyday meals and so, after all this hard work and research, our family business HEMSLEY + HEMSLEY was born.

We hope you enjoy the following recipes just as much as they do.





Beef ragu and courgetti

GF EF

Serves **4** | *Prep* **25 mins** |
Cook **2½-4 hrs** | *Calories* **527** *(per serving)*

2 tbsp ghee or butter
2 onions, peeled finely chopped
4 garlic cloves, peeled, diced
2 dried bay leaves
¼ tsp mixed spice
2 tsp dried oregano
400g (14oz) minced beef
a large glass of red wine
14 large tomatoes, roughly chopped
2 tsp tomato purée
100ml (3½fl oz) water
2 carrots, peeled, finely grated
a large handful of fresh parsley, finely chopped
4 large courgettes
sea salt
freshly ground black pepper

TO SERVE

extra virgin olive oil
2 handfuls of grated Parmesan

1. Heat the ghee or butter in a large saucepan and gently fry the onion over a low heat until softened. Add the garlic, bay leaves, mixed spice and oregano and fry for a further 2 minutes.
2. Increase the heat and add the beef to the pan, breaking it up as you cook. After 5 minutes, pour in the red wine, then add the tomatoes, tomato purée and water.
3. Bring to the boil, partly cover with a lid, then reduce to a gentle simmer, stirring occasionally, for 2½ hours until rich and thickened. It is even better after 3-4 hours – add more liquid if required.
4. Add the carrots 15 minutes before the end of cooking. Turn up the heat to a medium simmer and season with sea salt, a good grind of pepper and parsley.
5. Meanwhile, use a spiralizer or julienne peeler to make the courgetti. Or use a regular vegetable peeler to slice the courgettes lengthways into very wide ribbons, which you can then slice in half.
6. Soften the courgetti in a pan with a little butter, stirring over a low heat for 3 minutes.
7. Drizzle each bowl of ragu and courgetti with extra virgin olive oil and serve with Parmesan for everyone to help themselves.



Kelp pot noodle

GF DF MF

Serves **1** | *Prep* **15 mins** *plus 5 mins to steep* |
Cook **none** | *Calories* **389**

35g (1¼oz) kelp noodles
a pinch of dried dulse or other seaweed
½ tsp grated fresh root ginger
1 tbsp coriander or mint, chopped
a squeeze of lemon or lime juice
2 tsp unpasteurised miso paste
steamed vegetables of choice plus your raw vegetables of choice
5 tbsp cooked quinoa
1 soft-boiled free-range egg

1. Rinse the kelp noodles and drain.
2. Add everything to a heatproof jar with the miso. Keep refrigerated until ready to eat.
3. Around 5 minutes before you want to eat, boil the kettle.
4. Let the water cool for a few minutes before filling the jar, leaving 2cm (¾in) from the top empty. Stir and leave to steep for 5 minutes with the lid on loosely. Stir again before diving in.



Avocado lime cheesecake

GF DF EF MF

Serves **8-10** | *Prep* **15 mins** *plus 2 hrs for chilling* |
Cook **10 mins** | *Calories* **543** *(per serving)*

FOR THE BASE

125g (4½oz) pecans
45g (1½oz) desiccated coconut
70g (2¾oz) cacao nibs
185g (6¼oz) pitted dates
3 tbsp coconut oil, melted

FOR THE FILLING

560g (1lb 3oz) avocado flesh
200ml (7fl oz) lime juice
1 tsp finely grated lime zest
190g (6½oz) raw honey
175ml (6fl oz) coconut oil, melted

1. Preheat the oven to 150°C/Gas Mark 3. Line the base and sides of a springform or loose-bottomed 18cm (7in) round cake tin with baking paper.
2. Toast the pecans and desiccated coconut on a lined baking tray in the oven for 7-8 minutes, until golden. Transfer to a food processor and add the rest of the base ingredients. Blend until the mixture is crumbly and holds together when pinched.
3. Tip the base mixture into the tin. Press it down firmly and evenly. Transfer to the fridge while you prepare the filling.
4. Place all the filling ingredients into a food processor and blend until the mixture is completely smooth and silky. Check for taste and add more lime juice, zest or sweeten with a little more honey.
5. Remove the base from the fridge and pour the filling over the top. Return it to the fridge for 2 hours or overnight to set.

17.6g Total fat	8.4g Saturates	0.3g Salt	24.6g Sugar	43.6g Protein

11.8g Total fat	2.9g Saturates	1.5g Salt	8.1g Sugar	23g Protein

7.2g Total fat	2.7g Saturates	0.6g Salt	22.8g Sugar	23g Protein

Gluten-Free advice
Ask the experts

Do you need help with your free-from cooking, or do you have a nutritional query? Email your questions to nick.gregory@anthem-publishing.com

Q Why is gluten free bread so much more expensive?

Raw Materials

'Standard' UK bread is made from wheat flour alone, grown in the UK, milled in massive, computer controlled mills and delivered to bakeries in 30-tonne bulk tankers with very little human intervention.

To make gluten-free bread you need to use up to 20 different ingredients, many sourced, in relatively small quantities, from outside the UK. Inevitably these are significantly more expensive (two to three times) than the bulk-bought wheat flour sourced in the UK.

Ensuring that it is gluten/wheat free

Because this is gluten-free bread, all the ingredients need to be traced and checked to ensure not only that they are gluten/wheat free, but that there has been no gluten/wheat contamination.

To ensure that the bread is completely free of contamination, either the manufacturer needs to invest in dedicated gluten/wheat-free factories, or they have to go through much more rigorous cleaning and testing processes than would be necessary for 'normal' bread.

Small scale

Because gluten-free bread is a new product and sold in relatively small quantities, it is made in much smaller and less automated factories, so there are much higher staffing levels.

The process

We have been making bread from wheat flour for millenia, so the process has been perfected and largely automised.

Gluten-free bread making is far more complicated and very new. It needs constant supervision and because of the complexity and newness of the process, there is a far higher level of scrappage than in a 'normal' bakery.

MICHELLE BERRIEDALE-JOHNSON

Q What is the value of keeping a food diary to work out what your body finds troublesome?

In my experience the first thing a doctor will want you to do if you are experiencing problems that you think are related to food is to keep a food diary.

A food diary is basically a list of the foods that you have eaten throughout the day, along with the symptoms you may have had after eating them. You must include all food that you eat including snacks, along with all drinks that you consume. There are lots of templates on the internet for food diaries so you can easily print one out and use that.

If you approach a doctor having already kept one for a few weeks it may help to speed up the process of diagnosis. It will also help you to identify the foods that are causing you problems, particularly if you reduce your diet to unprocessed home cooked foods so that you always know what you are eating. It may seem like a real pain at first, but it becomes very useful and is worth the effort. Consider yourself a detective! Eventually you will figure

OUR EXPERTS



Maria Bez
Nutritionist
Maria is a registered nutritionist with the British Association of Nutritional Therapists. She has a BSC degree in Nutritional Medicine and practices from Nourish, her clinic in Bath. As well as attending to clients, she writes and speaks on all matters relating to nutrition and lifestyle. She is dedicated to providing individuals with information and advice to take control of their own health and wellbeing. www.nourishcentre.co.uk



Michelle Berriedale-Johnson
Michelle has been involved with food sensitivity for 30 years. She has manufactured 'free-from' food, run a magazine about food sensitivity for health professionals and patients, written a number of books on food allergy/intolerance, devised over 1,000 'free-from' recipes and started the hugely successful FreeFrom Food Awards and FreeFrom Eating Out Awards – as well as editing FoodsMatter websites. She also runs an active blog at www.michellesblog.co.uk



Vicki Montague
Vicki is an acclaimed and well-followed blogger, recipe writer and teacher who found her calling after she was diagnosed with IBS. She was later to discover her daughter had coeliac disease. As well as creating recipes, Vicki offers unique cookery lessons too – from the comfort of your own home – via video linkup. She also has a number of 'cook along with me' videos on her YouTube channel, showing people how to make her simple and tasty GF dishes. www.freefromfairy.com



Naomi Devlin
Nutritionist
Nutritionist Naomi Devlin is an unashamed foodie, who has been blessed with coeliac disease. After studying native diets around the world, she believes the key to good health is to cook from scratch. Using gluten-free whole grains and sourdough cultures, she teaches people about the possibilities of gluten free grains at River Cottage Ashburton Cookery School, and during bespoke days in her own kitchen. milkforthemorningcake.blogspot.co.uk



out what is bothering you, but only if you have written down what you have eaten!
VICKI MONTAGUE

Q Do you have any suggestions for making the best possible bread to use for run-of-the-mill sandwiches? We do make some lovely GF breads, but they always seem overly indulgent and a little heavy...

Gluten-free sandwich bread needs to be soft enough to accommodate a good amount of filling, and not so crusty that you lacerate your mouth as you bite into your lunch. Personal preference dictates whether you prefer white bread, seedy bread, pumpernickel style bread or brioche, so I can't recommend a recipe that will suit everyone's tastes. I like my sandwiches made with a hearty sourdough bread. However, tinkering with your favourite bread recipes can make them more sandwich friendly.

- If your bread is too heavy, try including more starch in the mixture. It will reduce the nutrient value, but produce a fluffier crumb. Potato starch makes the lightest crumb.
- If your bread is too rich, try using just egg white, rather than a whole egg to bind it. Gluten-free bread doesn't need milk, fat, nut flour or eggs, but breads tend to be softer and richer tasting with these added.
- Include psyllium husk, ground chia seed or ground linseed in your bread. These will hold water in the dough and result in a moister, more open crumb.
- Try baking your loaf with a tray of water in the oven. The crust will be thinner and the loaf will expand more.

NAOMI DEVLIN

Q Why does gluten-free flour have such a noticeable aftertaste, meaning you can only use it in strong flavoured cakes etc? Any solutions?

I agree that some gluten-free blends have a bitter or metallic aftertaste and this can be down to individual ingredients or the age of the flour. Without knowing which brand or mix you are using, it would be difficult to comment on your particular blend. However, here are some pointers on different flours which may be causing the problem:

Amaranth, quinoa and bean flours (including chickpea), I find have a bitter taste and would not use them in sweet recipes. Rice flour is another flour which can have a strange aftertaste so use sparingly. And, don't forget sodium aluminum sulfate (SAS), which is found in some baking powders. The problem with SAS (in addition to it being aluminium) is that it has a distinctive and bitter, metallic taste.

Flours can also go rancid, even good old wheat flour. I think the higher content of protein, the quicker this will happen. And you definitely need a variety of flours to get a decent texture from most baked goods. So what should you do? On the whole, I tend to stick with coconut or almond flour for sweet recipes. I do occasionally blend my own and have included the recipe below:

Gluten Free Flour

170g (6oz) brown rice flour
205g (7oz) white rice flour
120g (4oz) tapioca flour
170g (7oz) sweet (white) rice flour (also known as glutinous white rice flour) available from health food shops or online suppliers.
2 tsp xanthan gum

Here's to delicious tasting gluten-free bread.
MARIA BEZ

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Sweet treats! Baking RECIPES

There is always room for a little sweetness in your diet...



Moroccan orange cake

GF SF DF

Serves **10-12** | *Prep* **15 mins** |
Cook **35-45 mins** | *Calories* **395** *(per slice)*

300g (10½oz) ground almonds
250g (9oz) xylitol
2 tsp gluten-free baking powder
5 free-range eggs
200ml (7fl oz) sunflower oil
2 tsp agave syrup plus 60ml (2¼fl oz)
finely grated zest and juice of 1 large orange
finely grated zest and juice of ½ a lemon
3 cloves
3 cinnamon sticks
soy yoghurt with ground cinnamon stirred though, to serve

1. Preheat the oven to 180°C/Gas Mark 4. Grease a 23cm (9in) cake or baking tin.
2. In a bowl, mix together the ground almonds, xylitol and baking powder. In a separate bowl, whisk together the eggs, sunflower oil, 2 tsp agave syrup and the orange and lemon zest. Pour the mixture into the dry ingredients and mix together.
3. Pour the cake mixture into the cake tin, then bake in the oven for 35-45 minutes, or until a skewer inserted in the centre comes out clean. If the top looks like it is going to burn, cover it with foil, being careful not to press it on the cake. Allow to cool slightly while you make a syrup.
4. Put the orange and lemon juices, 60ml (2¼fl oz) agave syrup, cloves and cinnamon in a saucepan. Bring to the boil, reduce the heat, then simmer for 5 minutes.
5. While the cake is still warm, turn it out onto a plate, drizzle the syrup over the top and allow it to seep in. If it is not all absorbed at once, keep it aside to drizzle over later. When you are ready to serve, pile the cinnamon sticks and cloves on top of one another on the cake. Serve with the cinnamon-soy yoghurt dolloped onto each slice.

30.2g	3.1g	0.01g	1.9g	7.8g
Total fat	Saturates	Salt	Sugar	Protein



Spice cake with mesquite flour

GF SF DF

Serves **16** | *Prep* **15 mins** |
Cook **35 mins** | *Calories* **189** *(per slice)*

3 free-range egg whites
2 free-range egg yolks
140g (5oz) potato starch
50g (1¾oz) quinoa flour
65g (2¼oz) teff flour
75g (2¾oz) mesquite flour
2 tsp xanthan gum
1 tsp bicarbonate of soda
1½ tsp gluten-free baking powder
½ tsp sea salt
3 tsp cinnamon
1 tsp nutmeg
¼ tsp ground cloves
150ml (5½oz) vegetable oil
140g (5oz) xylitol or other sugar substitute
300g (10½oz) apple purée

1. Preheat the oven to 180°C/Gas Mark 4.
2. Beat the egg whites to soft peaks and set aside. Whisk all of the dry ingredients together. In a separate bowl, beat the vegetable oil, xylitol, apple purée and egg yolks together. Beat the wet and dry ingredients together to form a smooth batter, gently fold in the egg whites and softly whisk the mixture until completely mixed.
3. Pour the batter into a 23cm (9in) greased cake tin. Bake in the oven for 35 minutes, or until a skewer inserted into the centre comes out clean. Leave to cool in the tin before turning out.

9.7g	1.9g	0.1g	2.6g	2.4g
Total fat	Saturates	Salt	Sugar	Protein

Recipes taken from *Sugar-Free Snacks & Treats*, published by Ryland Peters & Small. Readers can buy the book for the special price of £11.99 including UK p&p (RRP £16.99) by telephoning Macmillan Direct on 01256 302699 and quoting reference GLR CK9.





Raspberry swirl cakes

By Jemma Lloyd (www.icedjems.com) GF DF

Makes **25** | *Prep* **15 mins** | *Cook* **15-20 mins** | *Calories* **176** *(per cake)*

225g (8oz) dairy-free butter
195g (7oz) caster sugar
2 free-range eggs
115ml (4fl oz) almond milk
1 tin of raspberries
220g (8oz) plain gluten-free flour
1 tsp gluten-free baking powder
200g (7oz) dairy-free chocolate
a tub of pink decorating sugar
1 x mini swirl mould (£4.99 from www.icedjemsshop.com)

1. Preheat the oven to 180°C/Gas Mark 4. Lightly grease a mini swirl mould with spray or cooking oil.
2. Cream together the butter and sugar, then add the eggs and mix on a high speed until well combined. Pour the almond milk into a jug with the syrup from the tinned raspberries. Add the raspberries, half the flour and half of the almond milk and raspberry syrup to the cake mix. Mix well until you have a thin, slightly pink mixture, then add the other half of the flour and milk, along with the baking powder. Mix well until you have a thick pink cake mix.
3. Transfer the mixture to a disposable piping bag and snip off the end. Pipe the mixture into the mould, going round in a ring until each mini swirl cavity is about two-thirds full. Once each cavity has some mixture, transfer to the oven and bake for about 15-20 minutes, or until the cakes spring back slightly when prodded.
4. Remove from the oven and allow the cakes to cool in the mould for a few minutes, then place them on a baking tray.
5. Melt the chocolate in a glass bowl over a saucepan of boiling water, then remove from the heat and set aside.
6. Take one of the mini swirls and dip the top half into the melted chocolate, shaking off any excess before returning it to your cooling tray to set. Sprinkle over some of the pink decorating sugar so that it sticks to the chocolate and sets.

10.1g	3.8g	0g	12.4g	2.1g
Total fat	Saturates	Salt	Sugar	Protein

Lemon cake

By Frédérique Jules, Jennifer Lepoutre & Mitsuru Yanase **GF** **DF**

Serves **8** | *Prep* **15 mins** | *Cook* **40 mins** | *Calories* **320** *(per serving)*

190g (6¾oz) gluten-free flour mix (see below)
1 tsp bicarbonate of soda
150g (5½oz) sugar
2 free-range eggs
80ml (2½fl oz) canola oil
200ml (7fl oz) soy milk (or rice milk), plus extra for brushing
finely grated zest and juice of 1 lemon
finely grated zest and juice of 1 lime

FOR THE SYRUP

finely grated zest and juice of 1 lemon
60g (2¼oz) icing sugar

FOR THE FLOUR MIX - MAKES 680G (1LB 7OZ)

320g (11½oz) rice flour
240g (8½oz) cornflour
100g (3½oz) almond flour
2 tsp xanthan gum

1. For the flour mix, place all the ingredients in a large bowl and mix well with a whisk. Store in an airtight container.
2. Preheat the oven to 200°C/Gas Mark 6.
3. Combine the dry ingredients in a bowl. In another bowl, combine the eggs, canola oil and milk. Add the wet ingredients to the dry ingredients and mix to a smooth batter. Add the juice and zest of the lemon and lime and stir through to combine.
4. Spoon the batter into a loaf tin, not filling more than three-quarters full. Brush with about 1 tbsp milk, then bake in the oven for 40 minutes, or until a skewer inserted into the middle comes out clean.
5. For the syrup, by heat the juice and zest of the lemon with the icing sugar in a saucepan until they form a syrup. Pour this over the warm cake.

13.5g	1.3g	0.2g	27.7g	4.5g
Total fat	Saturates	Salt	Sugar	Protein

This recipe and the chocolate fondant cake on page 93 are taken from *Good Without Gluten* by Frédérique Jules, Jennifer Lepoutre & Mitsuru Yanase, photography by Akiko Ida, published by Murdoch Books. (RRP £14.99).





Chocolate fondant cake

By Frederique Jules, Jennifer Lepourte and Mitsuru Yanase

GF

Serves **5** | *Prep* **15 mins** |
Cook **10 mins** | *Calories* **389** *(per serving)*

100g (3½oz) dark chocolate

90g (3¼oz) butter

3 free-range eggs

100g (3½oz) sugar

45g (1½oz) rice flour

1 tbsp tapioca starch

1. Preheat the oven to 180°C/Gas Mark 4.
2. Gently melt the chocolate and butter together in a saucepan and combine. Allow to cool.
3. Whisk the eggs with the sugar and add to the melted chocolate mixture, mixing well.
4. Combine the rice flour and starch, add to the chocolate mixture and stir until just combined.
5. Divide the batter into five round 8cm (3½in) baking dishes or ovenproof ramekins. Bake in the oven for 8 minutes. Serve warm. This dish is delicious with fresh fruit or sorbet.

23.3g Total fat | 14.3g Saturates | 0.1g Salt | 30.5g Sugar | 5.5g Protein



Silken tofu chocolate mousse with raspberry coulis

By David and Charlotte Bailey

GF DF EF V

Makes **4 shots** | *Prep* **15 mins** *plus 2 hrs for chilling* |
Cook **none** | *Calories* **277** *(per shot)*

110g (3½oz) dark chocolate chips (make sure they are vegan and have a high cacao content)

300g (10½oz) block of firm silken tofu

75ml (2½fl oz) plus 1 tbsp maple syrup or agave nectar

1 tsp vanilla extract

250g (9oz) raspberries

fresh mint leaves, to garnish

1. Melt the chocolate chips in a heatproof bowl set over a pan of gently simmering water. Pour into a blender, add the tofu, maple syrup or agave nectar and vanilla extract and blend until smooth. Pour into shot glasses, leaving a little room on the top for the coulis. Leave to chill and set in the fridge for about 2 hours.
2. For the coulis, reserve a few whole raspberries for decoration, then push the remainder through a sieve into a bowl.
3. Top the shot glasses with some coulis and garnish with whole raspberries and mint. Serve chilled.

9.8g Total fat | 4.9g Saturates | 0g Salt | 33.6g Sugar | 7.8g Protein

Chocolate mousse recipe taken from *The Fresh Vegan Kitchen* by David & Charlotte Bailey, photography by Max Haarala Hamilton, published by Pavilion. (RRP £16.99).



Vegan chocolate cupcakes

By Natural Sweet Recipes (www.naturalsweetrecipes.com) GF DF EF V

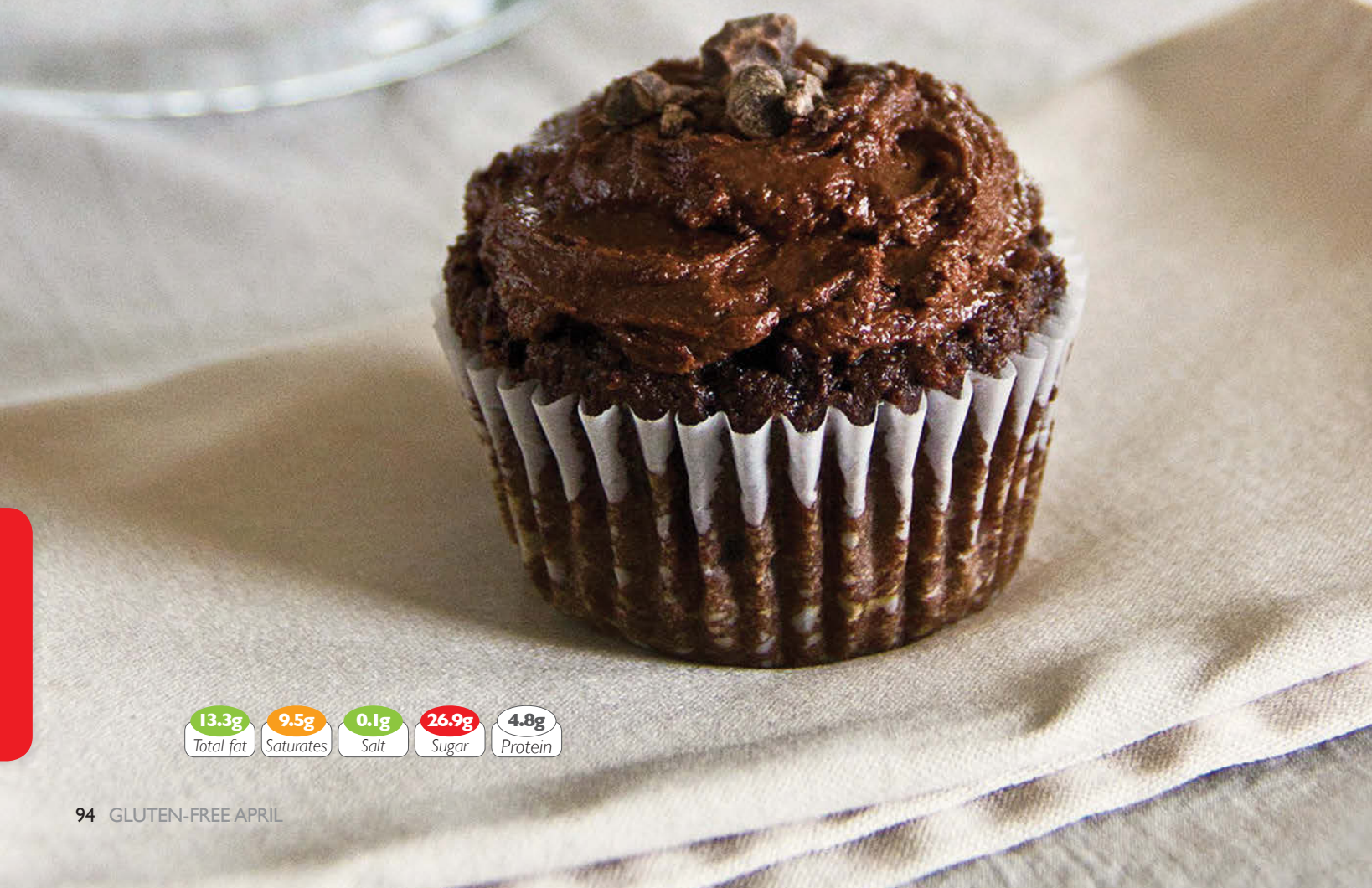
Makes **12** | *Prep* **20 mins** | *Cook* **14-16 mins** | *Calories* **319** *(per cupcake)*

230g (8oz) white rice flour
½ tsp xanthan gum
180g (6oz) cocoa powder
¼ tsp bicarbonate of soda
2¼ tsp gluten-free baking powder
¼ tsp sea or pink salt
300g (10½oz) coconut sugar
3 tsp dairy-free butter, softened
60ml (2fl oz) unsweetened apple sauce
2 tbsp flaxseeds
2 tsp vanilla extract
400ml (14fl oz) tinned coconut milk

FOR THE BUTTERCREAM FROSTING

180g (6oz) dairy-free butter
300g (10½oz) coconut sugar, powdered
a pinch of salt
115g (4oz) cocoa powder
1 tsp vanilla extract
2 tsp rice flour

1. For the frosting, add the sugar, butter, cocoa, salt and vanilla extract to a bowl and beat well. Add the rice flour and combine.
2. In a small bowl, mix the apple sauce and flaxseeds together. Set aside. Line a 12-hole muffin tin or cupcake tin with cupcake cases. Preheat the oven to 180°C/Gas Mark 4. In a mixing bowl, sift together the flour, xanthan gum, cocoa, baking powder, bicarbonate of soda, salt and coconut sugar in a medium sized bowl. Set aside.
3. In a large bowl, add the butter, apple sauce/flax mixture, coconut milk and extract and mix well. Add the dry ingredients to the wet mixture and mix until just combined. Be careful to not over mix. The batter should look like a thick chocolate pudding. Fill the cupcake cases just about all the way full. Bake for 14-16 minutes. Allow to cool for 10 minutes before removing from the tin. Leave for another 5 minutes before frosting. Top with the buttercream frosting.



13.3g	9.5g	0.1g	26.9g	4.8g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Raw mint chocolate tart

By Natural Sweet Recipes (www.naturalsweetrecipes.com)

GF SF DF EF V

Serves **12** | *Prep* **20 mins** |
Cook **none** | *Calories* **466** *(per serving)*

FOR THE CHOCOLATE CRUST

340g (11½oz) walnuts

60g (2oz) desiccated coconut

80g (3oz) plus 1 tsp cocoa powder

2½ tbsp flaxseeds

1 tsp vanilla extract

60ml (2fl oz) maple syrup

a dash of stevia

FOR THE CHOCOLATE MINT FILLING

2 large ripe avocado

115g (4oz) desiccated coconut

160g (5½oz) plus 2 tbsp cocoa powder

115ml (4fl oz) maple syrup

3 tbsp coconut oil

¼ tsp xanthan gum

1 tbsp peppermint extract

stevia, to taste

1. For the filling, blend the coconut to create a smooth coconut butter. Scrape inside of the bowl and keep mixing until it becomes smooth. Add the avocado and mix until smooth and creamy. The mixture should look like green frosting. Add the rest of the ingredients and stevia to the desired sweetness.
2. For the crust, combine the walnuts and coconut together in a food processor until they form rough crumbs. Add the sweeteners and pulse to combine. Add the rest of the ingredients. Press into a large 23cm (9in) tart tin. Fill with the chocolate mint filling. Enjoy immediately, or chill for 1 hour for a firmer tart.

39.2g	15.3g	0g	11.7g	12.3g
Total fat	Saturates	Salt	Sugar	Protein



Nutty chocolate avocado pots

By Dale Pinnock

GF SF DF EF V

Serves **2** | *Prep* **10 mins** *plus 2-3 hrs for chilling* |
Cook **none** | *Calories* **294** *(per serving)*

1 very ripe avocado

1 tbsp almond butter

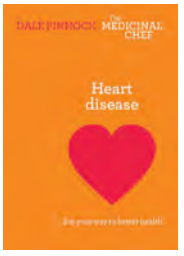
1 tbsp maple syrup, or ¼ tsp stevia if you want to keep the sugar down

1-2 tbsp cocoa powder, to taste, plus extra to serve (optional)

1. Scoop the avocado flesh into a blender or food processor. Add the remaining ingredients with 1-2 tbsp of cold water.
2. Process on full speed until all the ingredients have mixed into a smooth chocolatey dessert.
3. Spoon the mixture into ramekins and chill in the fridge for 2-3 hours before serving. Sprinkle with a little cocoa powder, if desired.

24.9g	5g	0g	6.5g	4.6g
Total fat	Saturates	Salt	Sugar	Protein

Recipe taken from *Heart Disease: Eat Your Way to Better Health* by Dale Pinnock, photography by Martin Poole, published by Quadrille. Readers can buy the book for the special price of £9.99 including UK p&p (RRP £14.99) by calling direct on 01256 302699 and quoting reference CZ7.



Passion fruit & coconut cheesecake

By Grace Cheetham GF DF

Serves **8-10** | *Prep* **30 mins** *plus 15 mins for chilling* |
Cook **1 hr** *plus 3-4 hrs for chilling* | *Calories* **556** *(per serving)*

75g (2¾oz) dairy-free margarine, plus extra for greasing
350g (12oz) dairy-free cream cheese
200g (7oz) creamed coconut
175g (6oz) caster sugar
4 free-range eggs
11 passion fruit

FOR THE GINGER AND COCONUT COOKIES

50g (1¾oz) coconut flakes, plus extra for sprinkling
60g (2¼oz) dairy-free margarine
100g (3½oz) soft brown sugar
100g (3½oz) biscuit mix (see below)
2 tsp ground ginger
½ tsp gluten-free baking powder

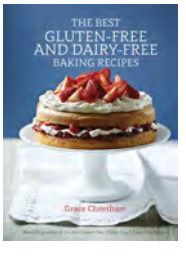
FOR THE BISCUIT MIX

45g (1¾oz) cornflour
60g (2¼oz) brown rice flour
½ tsp xanthan gum
45g (1¾oz) ground almonds

1. For the biscuit mix, sift the flours and xanthan gum into a large bowl. Add the ground almonds and mix together.
2. For the cookies, heat a heavy-based frying pan over a medium heat. Add the coconut flakes and dry-fry for 2-3 minutes, stirring continuously, until beginning to brown. Remove from the pan and leave to one side.
3. Preheat the oven to 180°C/Gas Mark 4. Line a baking sheet with baking parchment.
4. Put the margarine and sugar in a large bowl and beat together until well mixed, but take care not to over mix. In a separate bowl, mix together the biscuit mix, ground ginger and baking powder. Add to the margarine mix and gently beat in to form a dough. Add the coconut flakes and gently mix in thoroughly.
5. Divide the mixture into six equal portions. Take each portion and shape into a ball. Put onto the baking sheet, sprinkle a few coconut flakes over the top of each cookie and press down lightly.
6. Bake for 15-18 minutes until golden brown and fairly firm to the touch. Remove from the oven and leave to cool on the baking sheet for 5 minutes, then transfer to a wire rack and leave to cool completely.
7. Lightly grease a 20cm (8in) round springform cake tin with margarine. Heat the margarine in a saucepan over a low heat until melted. Put the cookies in a food processor and blend until the mixture resembles breadcrumbs. Add the margarine to the crumbs and blend to mix well. Using the back of a spoon, press the mixture evenly into the base of the cake tin and chill in the fridge for 10 minutes.
8. Meanwhile, blend together the cream cheese, creamed coconut and sugar in a food processor or blender until smooth. Add the eggs and blend until smooth and creamy. Scoop the seeds from 10 of the passion fruit and add to the mixture, then blend again until thoroughly mixed.
9. Pour the cheese mixture over the biscuit base and bake for 35-40 minutes until pale golden brown and the top feels firm to the touch. Turn the oven off and leave the cheesecake to rest in the oven for 30 minutes.
10. Leave the cheesecake to cool in the tin, then chill in the fridge for 3-4 hours until it is set completely. Scoop the seeds from the remaining passion fruit and sprinkle them over the top.

35.6g	19.3g	0.2g	32.5g	7.2g
Total fat	Saturates	Salt	Sugar	Protein

Recipe taken from *The Best Gluten-Free & Dairy-Free Baking Recipes* by Grace Cheetham, published by Nourish Books. (RRP £14.99).







Banoffee pie

By Pure Taste Restaurant (www.puretasterestaurant.com) GF DF EF V

Serves **10-12** | *Prep* **15 mins** *plus overnight for chilling* | *Cook* **2 hr 20 mins** | *Calories* **437** *(per serving)*

4 tins of full fat coconut milk
140g (5oz) coconut sugar
2 tsp vanilla extract, divided
200g (7oz) pecans
100g (3½oz) medjool dates, pitted
1 tbsp lucuma
20g (¾oz) coconut oil, melted
3-4 bananas
juice of ½ a lemon
cinnamon, nutmeg or cocoa powder, to dust

1. The night before, place two of the tins of coconut milk in the fridge so the cream can separate and solidify at the top of the can.
2. For the crust, preheat the oven to 180°C/Gas Mark 4, then line a 23cm (9in) loose bottomed cake tin, or 10-12 dessert rings with baking paper on the base and acetate round the sides.
3. Toast the pecans for 8-10 minutes until golden and fragrant. Place the pecans with the medjool dates and lucuma in a food processor and process to a fine crumb.
4. Place the crust mixture in the tin/rings and press down firmly to form the pie base, then place in the fridge to harden while you prepare the toppings.
5. For the caramel sauce, place the remaining tins of coconut milk in a medium-sized saucepan with the coconut sugar. Heat over a medium heat until the coconut sugar dissolves and the mixture begins to bubble.
6. Continue to cook over a low heat, stirring regularly for about 1.5-2 hours until the sauce is reduced to about 400ml (14fl oz). When it's ready it should be golden in colour and syrupy. To check its thick enough, place a small drop on a plate and place in the fridge for 10 minutes. If it's reduced enough, the drop of sauce should be solid enough to hold its shape.
7. Add 1 tsp vanilla extract, allow to cool, then pour over the base. Place in the fridge for 1-2 hours until firm.
8. For the cream topping, scoop 300g (10½oz) chilled coconut cream from the top of the tins and place in a medium-sized mixing bowl. Add 1 tsp vanilla extract, then whisk with electric beaters. As you're whisking, gradually pour in the coconut oil and continue to whisk just until the mixture resembles whipped cream. Spoon the topping mix into a piping bag fitted with a star shaped nozzle, then place in the fridge until ready to use.
9. Once the caramel has firmed up, top your pie with slices of banana, brushing each layer with a little lemon juice to prevent browning. Finally, pipe the topping on top of the pie and lightly dust with cinnamon, nutmeg or cocoa powder.

33.8g	20.5g	0g	26.3g	4.5g
Total fat	Saturates	Salt	Sugar	Protein

Carrot cake with coconut icing

By Lee Holmes GF SF

Serves **8-10** | *Prep* **20 mins** *plus 2 hrs for soaking and 30 mins for chilling* | *Cook* **45 mins** | *Calories* **345** *(per serving)*

FOR THE CAKE

150g (5½oz) almond flour, or gluten-free flour of your choice

60g (2¼oz) raw chopped walnuts

½ tsp gluten-free baking powder

1 tsp bicarbonate of soda

¼ tsp Celtic sea salt

1 tsp ground cinnamon

½ tsp grated nutmeg

¾ tsp stevia powder

2 free-range eggs, beaten

3 tbsp organic butter, coconut oil or light olive oil

80ml (2½fl oz) additive-free coconut milk

235g (8½oz) carrot, peeled, grated

walnuts, to decorate (optional)

FOR THE COCONUT ICING

120g (4¼oz) raw unsalted cashews

300ml (10½fl oz) tinned coconut cream

finely grated zest and juice of ½ a lemon

5-6 drops of stevia, or sweetener of your choice

1. To make the coconut icing, place the cashews in a bowl, cover with filtered water and soak for 2 hours. Drain.
2. Place the cashews, half the coconut cream and the lemon zest and juice in a food processor and blitz for a few minutes. Slowly add more coconut cream until the consistency resembles crème fraîche – smooth, not runny, but not as thick as thickened cream. Once the desired consistency is reached, add the stevia liquid, drop by drop, until it reaches the desired sweetness.
3. Transfer to a bowl and place in the fridge for 30 minutes. Alternatively, put it in the freezer for 5-10 minutes.
4. Preheat the oven to 170°C/Gas Mark 3. Grease an 18cm (7in) round cake tin.
5. Put the almond meal, walnuts, baking powder, bicarbonate of soda, salt, cinnamon, nutmeg and stevia powder in a large bowl and stir to combine.
6. In a separate bowl, place the eggs, butter, coconut oil or light olive oil and coconut milk and whisk to combine.
7. Add the dry ingredients to the wet ingredients and fold through with a wooden spoon. Squeeze the excess water out of the carrots (using your hands is best), then add them to the bowl. Fold in lightly. Spoon the mixture into the cake tin and bake in the oven for 45 minutes, or until the cake springs back when pressed in the centre.
8. Turn out onto a wire rack to cool. When the cake has cooled, spread the icing over the top using a knife or the back of a spoon and top with the walnuts.
9. This will keep, stored in an airtight container in the fridge, for up to 5 days.



30.2g	12.5g	0.2g	5.1g	8.7g
Total fat	Saturates	Salt	Sugar	Protein

Recipe taken from *Supercharged Food: Eat Clean, Green & Vegetarian* by Lee Holmes, photography by Steve Brown and Cath Muscat, published by Murdoch Books. (RRP £14.99).



Blackberry apple crumble

By Keris Marsden and Matt Whitmore

GF

Serves **6** | *Prep* **10 mins** |
Cook **30-40 mins** | *Calories* **370** *(per serving)*

4 apples
300g (10½oz) fresh blackberries
90g (3oz) ground almonds
100g (3½oz) coconut flakes
2 tbsp butter
1 tbsp raw honey, or 2 tsp coconut sugar
1 tbsp cinnamon
90g (3oz) chopped walnuts

1. Preheat the oven to 180°C/Gas Mark 4.
2. Slice the apples and remove the cores.
3. Layer the apples and blackberries in a loaf tin.
4. Place the ground almonds and coconut in a bowl with the butter, honey and cinnamon.
5. Using your hands, rub the fat into the ground almonds and coconut until the mixture has the consistency of breadcrumbs. Add the chopped walnuts and stir together with a spoon.
6. Place the crumble mixture on top of the fruit. There should be a 1cm (½in) layer. If there are any gaps, simply sprinkle with some extra desiccated coconut.
7. Bake in the oven for 30-40 minutes until the crumble topping is golden brown and the fruit is soft.
8. Serve with whipped double cream (optional).

26.2g Total fat | 6.4g Saturates | 0.01g Salt | 19.8g Sugar | 8.5g Protein



Chocolate chestnut fudge cake

By Keris Marsden and Matt Whitmore

GF

Serves **8-10** | *Prep* **15 mins** |
Cook **40-50 mins** | *Calories* **314** *(per slice)*

100g (3½oz) dark chocolate
225g (8oz) grass-fed butter
2 tbsp raw honey or maple syrup
20ml (1fl oz) chestnut purée
6 free-range eggs

1. Preheat the oven to 180°C/Gas Mark 4.
2. Melt the chocolate, butter and honey in a heatproof glass bowl over a saucepan of simmering water to create a double boiler effect.
3. Remove from the heat and stir in the chestnut purée.
4. Whisk the eggs and fold into the mixture.
5. Pour the mixture into a 23cm (9in) springform tin, then bake in the oven for 40 minutes.
6. After 30 minutes, check the cake by inserting a knife into the middle. It should not come out clean; rather, it should be sticky, as the middle of the cake is best moist.
7. When it's ready, remove the cake from the oven, cut into pieces and serve warm.
8. Wrap the leftover cake in parchment paper and keep it in the fridge. Eaten cold, this cake is like a slab of rich chocolate fudge. Yum!

23.6g Total fat | 15.1g Saturates | 0.2g Salt | 16.6g Sugar | 8.1g Protein

The recipes on this page and the Portuguese almond cake on page 101 are taken from *Paleo Primer* by Keris Marsden and Matt Whitmore, published by Vermilion. (RRP £14.99)





Portuguese almond cake

By Keris Marsden and Matt Whitmore

GF SF DF

Serves **8-10** | *Prep* **10 mins** |
Cook **50-60 mins** | *Calories* **104** *(per serving)*

6 free-range eggs

90g (3oz) ground almonds

2 tbsp raw honey

1 tsp almond extract

1 tsp bicarbonate of soda

1. Preheat the oven to 180°C/Gas Mark 4.
2. Beat the eggs on low with a hand or stand mixer. Add the ground almonds, honey, almond extract and bicarbonate of soda and continue to mix.
3. Bake in a 23cm (9in) round baking tin for 50-60 minutes. Check the cake after 45 minutes; the top of the cake should be golden brown and the middle slightly moist.
4. Once cooked, allow the cake to cool before serving.

7.1g	1.2g	0.2g	4.1g	5.2g
Total fat	Saturates	Salt	Sugar	Protein



Paleo chocolate chia orange cake

By Ugg Foods (www.uggfoods.com)

GF SF

Serves **8** | *Prep* **20 mins** |
Cook **30-40 mins** | *Calories* **454** *(per serving)*

FOR THE CAKE

455g (1lb) packet of Ugg Foods Chocolate Chia Muffin mix

200ml (7fl oz) nut milk (almond or coconut)

4 large free-range eggs

2 tbsp mild olive oil

1 tbsp vanilla extract

FOR THE FROSTING

400ml (14fl oz) tin of coconut cream

finely grated zest of 1 large orange

1 tbsp cocoa

1 tbsp Sweet Freedom sweetener

grated orange zest

1 large bar of melted chocolate

1. Preheat the oven to 140°C/Gas Mark 1.
2. Beat together all the cake ingredients until smooth, then set aside for 2 minutes to thicken.
3. Bake in a 20cm (8in) round tin for 30-40 minutes. Remove the cake from the oven when the middle becomes springy to the touch. Leave to cool.
4. For the frosting, beat the coconut cream until it thickens. Add the remaining frosting ingredients and mix to give a spreadable consistency.
5. Spread over the cake and decorate as desired.

25.3g	20.2g	0.4g	9.6g	8.1g
Total fat	Saturates	Salt	Sugar	Protein

Avocado and kiwi iced birthday cake

By Jessica Nadel GF DF EF V

Serves **8** | *Prep* **10 mins** | *Cook* **40 mins** | *Calories* **441** *(per serving)*

190ml (6¾fl oz) almond milk
1 tsp apple cider vinegar
85ml (3fl oz) vegetable or rapeseed oil
170ml (5¾fl oz) maple syrup
210g (7½oz) gluten-free flour
1 tsp gluten-free baking powder
½ tsp bicarbonate of soda
¼ tsp fine sea salt

FOR THE ICING

2 large ripe avocados
juice of ½ a lime
2 tbsp agave nectar
2 kiwis, peeled and sliced

1. Preheat the oven to 160°C/Gas Mark 2½. Lightly grease and flour two 15cm (6in) cake tins and set aside.
2. Whisk together the almond milk and vinegar, then leave to curdle for 1-2 minutes. Add the oil and maple syrup and stir to combine.
3. Sift in the dry ingredients and whisk until incorporated and no lumps remain.
4. Divide the batter between the cake tins, then bake in the oven for 35-40 minutes, or until a toothpick inserted into the cakes comes out clean. Remove from the oven and leave to cool.
5. For the icing, scoop out the flesh of the avocados and place in a food processor with the lime juice and agave. Process until smooth and whipped up, stopping to scrape down the sides of the bowl as needed. Taste as you go and add more agave until you achieve the desired sweetness.
6. Remove the cooled cakes from the cake tins. Spread half of the icing onto one of the cakes, then place the other cake on top and top with the remaining icing and the kiwi slices. The lime juice will help to preserve the green colour of the icing, but not for too long, so it's best to make the icing and assemble the cake just before you intend to serve it.



25.9g	9.2g	0.2g	24.3g	3.3g
Total fat	Saturates	Salt	Sugar	Protein

Recipe taken from *Greens 24/7* by Jessica Nadel, photography by Jackie Sobon, published by Apple Press. (RRP £14.99).



Coconut lime cheesecake

By Harriet Smith (www.harrietemily.com) GF SF DF EF V

Serves **5-6** | *Prep* **15 mins** *plus 2-3 hrs for chilling* | *Cook* **none** | *Calories* **311** *(per serving)*

FOR THE BASE

80g (3oz) almonds

15g (¾oz) desiccated coconut

5 dates

1 tsp raw coconut oil

FOR THE TOPPING

110g (4oz) cashews

60g (2oz) full fat coconut milk

2 tbsp coconut oil

finely grated zest of 1 lime

2 tbsp lime juice

2 tbsp maple syrup

TO FINISH

grated lime zest

desiccated coconut

1. For the base, blend the almonds in a food processor, then add the dates, desiccated coconut and coconut oil. Blend again until the dates have broken down and the mixture sticks between your fingers when pressed. Pour the base into a small cake tin with a removable base, then press down until firm. Move the base into the fridge to keep cool while you make the topping.
2. For the creamy topping, add all the ingredients to a blender and blend until smooth. When the mixture is smooth, remove the base from the fridge and pour the creamy cheesecake on top.
3. When all of the mixture has been poured into the tin, return the cake to the fridge to set for at least 2-3 hours, until the top of the cake is firm. Remove from the tin and decorate with extra desiccated coconut and lime zest to finish.

24.5g	10.3g	0g	10.8g	6.3g
Total fat	Saturates	Salt	Sugar	Protein



Raspberry, almond & vanilla tart

By Harriet Smith (www.harrietemily.com) GF SF DF EF V

Serves **8-10** | *Prep* **20 mins** *plus 5 hrs for chilling* | *Cook* **none** | *Calories* **423** *(per serving)*

FOR THE BASE

210g (7oz) grounds almonds
2 tbsp maple syrup
1 tsp almond extract
2 tbsp oil of choice

FOR THE ALMOND CREAM

140g (5oz) cashews
60ml (2fl oz) boiling water
2 tbsp coconut oil
1 tsp almond extract
1 tsp lemon juice
3 tbsp maple syrup

FOR THE RASPBERRY CREAM

140g (5oz) cashews
60ml (2fl oz) boiling water
3 tbsp coconut oil
2 tbsp maple syrup
100g (3½oz) raspberries, plus extra to decorate
1 tsp lemon juice

1. For the base, add all of the ingredients to a bowl and mix together until a crumbly, sticky texture has formed. Pour the mixture into a small cake tin with a removable base. Press it down until it is firm and sticks together.
2. For the almond layer, blend together all the almond cream ingredients until smooth, then set aside.
3. For the raspberry cream, blend all the ingredients together until smooth.
4. Take a large spoonful of the almond cream and raspberry cream and place onto the tart base. Using a knife, swirl the two together into a marbled effect. Repeat using another spoonful of each of the creams, until both of the mixtures have been used up. When this is done, move the tart into the fridge and leave to set for at least 5 hours, or overnight.
5. When the tart is firm to touch, remove from the tin and decorate with raspberries.

34.3g	9.8g	0g	11.1g	9.8g
Total fat	Saturates	Salt	Sugar	Protein

Chocolate beet mudcakes

By Pete Evans GF DF EF V

Serves **10** | *Prep* **25 mins** *plus 2 hrs for chilling* | *Cook* **none** | *Calories* **674** *(per serving)*

FOR THE MUDCAKE

300g (10½oz) mixed macadamia nuts and Brazil nuts, activated

6 medjool dates

40g (1½oz) dried currants, dried blueberries, or dried cranberries

70ml (1¾fl oz) maple syrup

3 beetroot, peeled and grated, plus more to serve

200g (7oz) unsweetened shredded dried coconut, plus more to serve

4 tbsp raw cacao powder

4 tbsp carob powder

½ tsp vanilla powder or 1 vanilla bean, split lengthwise and scraped

2 tbsp golden flaxseed meal

FOR THE ICING

2 avocados, halved, pitted, peeled

60g (2oz) raw cacao powder

170g (6oz) raw honey

2 tbsp coconut oil

½ tsp vanilla powder

½ tsp sea salt

FOR THE CHOCOLATE SHAVINGS

120ml (4oz) coconut oil, melted

1½ tbsp raw cacao powder, sifted

1½ tbsp carob powder, sifted

1 tbsp raw honey

1. For the mudcakes, in a food processor, process the nuts to the consistency of breadcrumbs. Add the dates, currants and maple syrup and process until smooth. Add the grated beetroot, coconut, cacao powder, carob powder, vanilla extract and flaxseed. Blend until well combined and even in texture. Line a baking sheet with parchment paper. Place ten 5x5cm (2x2in) cake ring molds on the baking sheet. Divide the nut-beet mixture among the molds and place in the freezer for about 40 minutes to firm up.
2. To make the icing, blend the avocados, cacao powder, honey, coconut oil, vanilla, and sea salt in a clean food processor and pulse until smooth. Using a palette knife, cover the cakes with the icing. Place the cakes in the fridge for 30 minutes.
3. To make the chocolate shavings, mix the coconut oil, cacao powder, carob powder and honey in a bowl. Line a baking sheet with parchment paper and spread the mixture onto the paper as thinly as possible. Leave at room temperature for 5 minutes, then carefully roll the paper to form a cylinder and place in the refrigerator for 10-20 minutes to harden. Once the chocolate has hardened, peel the paper away; you will be left with pretty chocolate shavings. Place these on the baking sheet and return them to the refrigerator for another 2-5 minutes to firm up again.
4. Garnish the mudcakes with dried coconut, grated beetroot and chocolate shavings before serving.

47.6g Total fat | 23.7g Saturates | 0.2g Salt | 38.7g Sugar | 10g Protein

Recipe taken from *The Paleo Chef* by Pete Evans, published by Ten Speed Press. (RRP $19.07)





Chocolate surprise cookies

By Juvela (www.juvela.co.uk)

GF

Makes **12-14** | *Prep* **15 mins** *plus 20 mins for chilling* | *Cook* **10-15 mins** | *Calories* **195** *(per cookie)*

12-14 plain chocolate squares

125g (5oz) butter

125g (5oz) caster sugar

1 free-range egg yolk

250g (10oz) Juvela Gluten-Free White Mix

1 tsp xanthan gum (optional)

1. Preheat the oven to 190°C/Gas Mark 5.
2. Cream together the butter and sugar and beat in the egg yolk. Gradually fold in the Juvela mix and xanthan gum if using – the mixture will be quite crumbly at this stage. Bring the mixture together to form a dough. Knead the dough for 2-3 minutes on a surface lightly dusted with Juvela mix until smooth.
3. Roll out the dough and cut out 12 rounds with a 5cm (2in) cutter and place on a baking tray. Lightly press a square of chocolate into the middle of each round. Cut out 12 rounds with a 6cm (2¼in) cutter and use to cover the chocolate, pressing the edges down lightly. Chill the cookies in the fridge for 20 minutes before baking (this helps to prevent the cookies spreading).
4. Bake in the oven for 10-15 minutes until golden. Allow to cool slightly before transferring to a cooling rack.

9.4g Total fat | 5.9g Saturates | 0.2g Salt | 13.9g Sugar | 1.9g Protein



Raspberry bakewell cake

By Juvela (www.juvela.co.uk)

GF

Serves **8-10** | *Prep* **15 mins** *plus chilling* | *Cook* **30-40 mins** | *Calories* **335** *(per serving)*

150g (6oz) Juvela Gluten-Free White Mix

150g (6oz) soft margarine, or butter

150g (6oz) golden caster sugar

150g (6oz) ground almonds

2 free-range eggs, lightly beaten

1 tsp vanilla extract

200g (7oz) raspberries

3 tbsp flaked almonds

icing sugar, to serve

1. In a large bowl, combine the Juvela mix, butter, sugar, almonds, eggs and vanilla extract and beat together well.
2. Spread half the mixture into the cake tin and smooth the top.
3. Scatter over the raspberries, then top with the remaining cake mixture, again smoothing the top as you cover the raspberries.
4. Scatter with flaked almonds, then bake in the oven for 30-40 minutes or until golden brown and cooked through.
5. Allow to cool slightly before removing from the tin. Dust with icing sugar to serve.

21.3g Total fat | 8.6g Saturates | 0.2g Salt | 18.2g Sugar | 5.7g Protein

Ganache tart with toasted hazelnuts

By Danielle Walker GF SF DF EF

Serves **12** | *Prep* **15 mins** *plus 2 hrs for chilling* |
Cook **25 mins** *plus 15 mins to set* | *Calories* **236** *(per serving)*

225ml (8fl oz) coconut milk
1½ tbsp cacao butter, chopped
115ml (4fl oz) honey or maple syrup
2 tsp brewed coffee
1 vanilla pod, split, seeds scraped out
½ tsp sea salt
350g (12oz) sugar-free chocolate, chopped
2 tbsp raw hazelnuts

1. Place the coconut milk in a saucepan over a medium heat for 5 minutes. Stir in the cacao butter, honey, coffee, and vanilla pod and seeds. Cook for 20 more minutes. Remove the vanilla pod and stir in the salt.
2. Place the chocolate in a large bowl. Pour the coconut milk mixture over it, whisking the ganache until smooth. Let it sit at room temperature for 40 minutes.
3. Meanwhile, preheat the oven to 180°C/Gas Mark 4.
4. Place the hazelnuts in the oven on a cookie sheet or baking tray for 15 minutes to toast. Wrap the hot nuts in a towel and steam for 1 minute to loosen the skins. Vigorously rub the towel between your hands to remove the skins. Coarsely chop the skinned nuts.
5. Pour the ganache into a 23cm (9inin) round tart mold with a removable bottom. Sprinkle with the chopped hazelnuts. Place in the refrigerator to chill for 2 hours, or until set.
6. Let the tart sit at room temperature for 15 minutes, then gently slide a knife around the edges to release before serving.

TIP Reserve two tablespoons of the ganache for drizzling on top of the tart after it has set.



13.1g	7g	0.2g	12.7g	2.1g
Total fat	Saturates	Salt	Sugar	Protein

Recipe taken from *Against All Grain* by Danielle Walker, published by Victory Belt.(RRP £23.07).





Delicious flourless chocolate cake

GF

Serves **10-12** | *Prep* **20 mins** | *Cook* **40-50 mins** | *Calories* **417** *(per serving)*

260g (9oz) plain chocolate, broken into pieces
260g (9oz) butter
1 tbsp strong black coffee
8 free-range eggs, separated
100g (3½oz) light brown sugar
160 (6oz) caster sugar
85g (3oz) cocoa powder
½ tsp salt
TO DECORATE
icing sugar
2 tbsp chopped chocolate

1. Preheat the oven to 170°C/Gas Mark 3. Grease a 23cm (9in) cake tin and line with non-stick baking paper.
2. Melt the chocolate and butter in a heatproof bowl over a pan of simmering (not boiling) water. Stir until smooth, then stir in the coffee and set aside to cool slightly.
3. Whisk together the egg yolks and sugars in a mixing bowl until doubled in volume.
4. Sift the cocoa powder on top of the egg mixture, add the salt, then mix until the cocoa is well combined.
5. Whisk the egg whites to soft peaks.
6. Gently fold the melted chocolate mixture into the egg yolk mixture. Fold one-third of the egg whites into the mixture to loosen it, then gently fold in the remainder until blended.
7. Spoon into the tin, then bake in the oven for 40-50 minutes until just set on top. Cool completely in the tin.
8. Sift icing sugar over the top and sprinkle with chopped chocolate.

Recipe development © Stockfood,The Food Media Agency, Photography © iStocPhoto

29.3g Total fat | 13g Saturates | 0.3g Salt | 22.7g Sugar | 6.6g Protein

Berry-yoghurt streusel cake

GF

Serves **8-10** | *Prep* **35 mins** | *Cook* **25 mins** | *Calories* **474** *(per serving)*

FOR THE CAKE

110g (4oz) butter

175g (6oz) sugar

2 free-range eggs

225ml (8fl oz) vanilla yoghurt

1 tsp vanilla extract

225g (8oz) gluten-free plain flour

2 tsp gluten-free baking powder

a pinch of salt

150g (5oz) berries, raspberries, blueberries, etc.

FOR THE STREUSEL TOPPING

225g (8oz) light brown sugar

110g (4oz) gluten-free plain flour

1 tsp ground cinnamon

8 tbsp melted butter

1. For the cake, preheat the oven to 180°C/Gas Mark 4. Grease a 20cm (8in) round tin.
2. Beat together the butter and sugar in a mixing bowl until light. Mix in the eggs, yoghurt and vanilla.
3. Sift in the flour, bicarbonate of soda and salt and stir until just combined. Gently fold in the berries, then spoon the mixture into the tin.
4. For the streusel topping, mix together all the ingredients until crumbly. Sprinkle over the cake mixture.
5. Bake in the oven for 20-25 minutes until golden brown. Cool in the tin for 15 minutes before removing.



20.1g Total fat | 12.3g Saturates | 0.2g Salt | 43.6g Sugar | 4g Protein

All recipe development and food photography on pages 109-113 © Stockfood, The Food Media Agency



Cherry and cream buckwheat cake

GF

Serves **10-12** | *Prep* **25 mins** | *Cook* **30 mins** | *Calories* **381** *(per serving)*

FOR THE CAKE

6 free-range eggs, separated

150g (5oz) sugar

1 tsp finely grated lemon zest

½ tsp almond extract

a pinch of salt

150g (5oz) buckwheat flour

1 tsp gluten-free baking powder

FOR THE FILLING AND DECORATION

400g (14oz) tinned morello cherries in syrup

1 tsp cornflour

1 tbsp water

3 tbsp kirsch

600ml (21fl oz) double cream

TO DECORATE

tinned morello cherries, drained

60g (2oz) plain chocolate

1. For the cake, preheat the oven to 180°C/Gas Mark 4. Line a 23cm (9in) cake tin with non-stick baking paper
2. Whisk the egg whites and 50g (1¾oz) sugar until stiff, but not dry. Whisk the egg yolks with the remaining sugar until thick and pale. Stir in the almond extract, lemon zest and salt.
3. Gently stir in the egg whites until blended. Stir in the buckwheat flour with the baking powder.
4. Spoon the mixture into the tin and bake for about 30 minutes until risen and golden. Cool in the tin.
5. Remove the cake from the tin and carefully cut into three layers, using a serrated knife.
6. For the filling and decoration, drain the cherries and reserve 6 tbsp syrup. Pour the reserved syrup into a small pan and heat gently.
7. Blend the cornflour with the water and add to the pan. Boil for 1-2 minutes until thickened. Remove from the heat, add 1 tbsp kirsch and set aside to cool.
8. Sprinkle each cake layer with the remaining kirsch.
9. Whisk the cream until thick. Chop the cherries.
10. Spread the cherries over one cake round and top with a little of the syrup. Spoon some of the cream on top and spread carefully.
11. Top with another cake round and repeat with the remaining cherries, some of the cream and the syrup. Top with the remaining cake layer.
12. Spread about three-quarters of the remaining cream around the sides and over the top of the cake. Use a palette knife to press some of the grated chocolate into the cream around the sides of the cake.
13. Spoon the remaining cream into a piping bag with a shell nozzle and pipe on top of the cake, as in the photo.
14. Decorate the top with cherries and a little more grated chocolate.

23.1g	12.4g	0.1g	13.1g	5.8g
Total fat	Saturates	Salt	Sugar	Protein

Bow tie cupcakes

GF

Makes **12** | *Prep* **25 mins** | *Cook* **20-25 mins** | *Calories* **451** *(per cupcake)*

FOR THE CUPCAKES

110g (4oz) butter

110g (4oz) caster sugar

2 free-range eggs

175g (6oz) gluten-free plain flour

1 tsp gluten-free baking powder

a pinch of salt

120ml (4fl oz) milk

75g (2½oz) chocolate chips

FOR THE TOPPING

cocoa powder

500g (1lb 1oz) chocolate sugarpaste

FOR THE WHITE ICING

250g (9oz) royal icing sugar

2-3 tbsp lemon juice

hot water

TO DECORATE

white sugarpaste bows

white sugarpaste flowers

1. For the cupcakes, preheat the oven to 190°C/Gas Mark 5. Place paper cases in a 12-hole muffin tin.
2. Beat the butter and sugar in a mixing bowl until light and fluffy. Gradually beat in the eggs, beating until fully incorporated into the mixture.
3. Sift in the dry ingredients and gently stir into the mixture. Stir in the milk and chocolate chips.
4. Spoon the mixture into the paper cases, then bake in the oven for 20-25 minutes, until golden and risen. Cool in the tin for 5 minutes, then place on a wire rack to cool completely.
5. For the topping, dust a surface with cocoa powder and roll out the sugarpaste thinly. Cut into 12 rounds the same diameter as the cakes.
6. Brush one side of the sugarpaste rounds with a little water and place on top of the cakes, pressing and smoothing to remove any air bubbles.
7. For the white icing, sift the royal icing sugar into a deep bowl. Beat in the lemon juice and beat well until thick and smooth. Add a little hot water, beating again until thick and smooth.
8. Put into a piping bag with a plain nozzle and pipe dots on some of the cakes and squiggles on the others.
9. Attach the flowers and bows with a dab of water and leave to set.



10.4g Total fat | 6.4g Saturates | 0.1g Salt | 75.5g Sugar | 2.5g Protein

Pea cream and pistachio buckwheat cake

GF SF

Serves **6-8** | *Prep* **20 mins** *plus 15 mins for chilling* |
Cook **25-35 mins** | *Calories* **421** *(per serving)*

FOR THE PASTRY

150g (5oz) gluten-free plain flour

100g (3½oz) buckwheat flour

a pinch of salt

60ml (2fl oz) olive oil

120ml (4fl oz) water

FOR THE FILLING

300g (11oz) peas

3 tbsp olive oil

1 tbsp chopped mint leaves

salt and freshly ground black pepper

2 free-range eggs

285ml (10fl oz) double cream

4 spring onions, finely sliced

TO GARNISH

chopped pistachios

mint leaves

1. Butter a 23cm (9in) fluted flan dish or tin.
2. Mix together the flours and salt in a mixing bowl. Add the oil and mix it in with a fork.
3. Add the water, mixing until absorbed, then knead lightly until the dough comes together into a ball.
4. Turn the dough out on a lightly floured surface and roll it out into a round to fit the tin. Press the dough gently into the base and sides of the tin. Prick the base with a fork and chill for 15 minutes.
5. Preheat the oven to 180°C/Gas Mark 4.
6. Cover the pastry base with non-stick baking paper and half-fill with baking/dried beans. Blind bake in the oven for 15 minutes. Remove the paper and beans and bake for 5-10 minutes until cooked and golden. Set aside to cool.
7. For the filling, cook the peas in a pan of boiling water for 3 minutes, then drain and refresh under cold water.
8. Use a hand blender to purée the peas with the olive oil, then stir in the chopped mint and season to taste with salt and pepper.
9. Whisk together the eggs and cream and stir in the onions and pea purée. Season to taste.
10. Spread evenly in the pastry case, then bake in the oven for 20-25 minutes until just set. Sprinkle with chopped pistachios and garnish with mint leaves.



30.3g	10.9g	0.1g	3.2g	8.1g
Total fat	Saturates	Salt	Sugar	Protein



Chocolate and banana biscotti

GF DF EF V

Makes **8-10** | *Prep* **15 mins** |
Cook **35-45 mins** | *Calories* **126** *(per cookie)*

150g (5oz) ground almonds

1 tbsp ground flaxseeds

1 ripe banana, peeled

6 dates, pitted, soaked in water

2 tbsp maple syrup

½ tsp gluten-free baking powder

a pinch of salt

1 tsp vanilla extract

2 tbsp dairy-free chocolate chips

1. Preheat the oven to 170°C/Gas Mark 3. Line a large baking tray with non-stick baking paper.
2. Put all the ingredients, except the chocolate chips, into a food processor. Blend until a thick dough forms
3. Turn out and gently knead in the chocolate chips.
4. Shape the dough into a 10x20cm (4x8in) flat log. Place the log on the baking tray and bake in the oven for 20-30 minutes until firm.
5. Remove from the oven and cool for 10 minutes.
6. Cut the log into slices with a serrated knife. Space the biscuits slightly apart on the tray and return to the oven for a further 15 minutes until dry and crisp. Cool on the baking trays for a few minutes, then place on a wire rack to cool completely.

7.8g Total fat | 0.6g Saturates | 0.01g Salt | 7.6g Sugar | 3.5g Protein



Bread pudding

GF

Serves **4-6** | *Prep* **20 mins** |
Cook **35-45 mins** | *Calories* **289** *(per serving)*

150g (5oz) sultanas, currants, raisins

50g (1¾oz) chopped candied peel

3 tbsp brandy

225g (8oz) gluten-free brown bread, crusts removed

275ml (10fl oz) milk

50g (1¾oz) butter, melted

75g (2½oz) dark brown sugar

2 tsp mixed spice

¼ tsp grated nutmeg

1 large free-range egg, beaten

finely grated zest of 1 small unwaxed orange

1. Put the dried fruit and candied peel in a bowl. Pour over the brandy and set aside.
2. Break up the bread and soak in the milk until soft, then beat with a fork until creamy.
3. Preheat the oven to 180°C/Gas Mark 4. Grease four-six individual pudding basins.
4. Mix together the melted butter, sugar, spices and egg, then beat into the soaked bread.
5. Stir in the soaked fruits, with any brandy remaining and the orange zest.
6. Spoon into the basins and bake in the oven for 35-45 minutes until cooked through.
7. Turn out onto serving plates and serve with whipped cream.

9.2g Total fat | 5.4g Saturates | 0.4g Salt | 22.6g Sugar | 4.8g Protein

Almond apple tart

GF

Serves **6-8** | *Prep* **25 mins** *plus 30 mins for chilling* | *Cook* **55 mins** | *Calories* **491** *(per serving)*

FOR THE PASTRY

200g (7oz) gluten-free plain flour, plus extra for dusting
100g (3½oz) butter
a pinch of salt
cold water

FOR THE FILLING

100g (3½oz) butter
100g (3½oz) caster sugar
2 large free-range eggs
100g (3½oz) ground almonds
1 tbsp finely grated lemon zest
4 eating apples, peeled, thinly sliced
25g (1oz) butter, melted
3-4 tbsp chopped almonds
2-3 tbsp dried cranberries

1. For the pastry, sift the flour into a mixing bowl and rub in the butter until the mixture resembles breadcrumbs. Stir in the salt.
2. Gradually add water until the mixture just comes together. Roll the dough into a ball, then wrap in clingfilm and chill for 30 minutes.
3. Preheat the oven to 180°C/Gas Mark 4. Grease a deep 24cm (9½in) tart tin or flan dish.
4. Roll out the pastry on a floured surface and use it to line the tin. Cover with non-stick baking paper and half-fill with baking/dried beans. Blind bake in the oven for 10 minutes. Remove the paper and beans and bake for 5 minutes. Set aside to cool.
5. For the filling, beat together the butter and sugar until light and fluffy. Beat in the eggs, one at a time.
6. Fold in the ground almonds and lemon zest and spoon evenly into the pastry case.
7. Arrange the apple slices in the pastry case and brush with melted butter.
8. Sprinkle the almonds and cranberries over the top.
9. Bake in the oven for about 40 minutes, until golden and the apples are tender. Serve warm or cold.

32g	15.4g	0.2g	22.9g	6.4g
Total fat	Saturates	Salt	Sugar	Protein



Bread pudding with walnuts

GF

Serves **4** | *Prep* **15 mins** *plus 20 mins for standing* |
Cook **20-30 mins** | *Calories* **550** *(per serving)*

200ml (7fl oz) milk
1 tsp vanilla extract
finely grated zest of ½ an unwaxed lemon
75g (2½oz) butter
8 slices of slightly stale gluten-free bread, cubed
3 free-range eggs
2 tbsp sugar
100ml (3½fl oz) double cream
125g (4½oz) chopped walnuts

1. Butter four individual baking dishes.
2. Heat the milk in a pan and bring to a simmer. Remove from the heat, add the vanilla and lemon zest and allow to cool.
3. Butter the bread and divide between the baking dishes.
4. Beat together the eggs and sugar until well mixed, then beat in the flavoured milk and cream.
5. Pour over the bread and leave to stand for 20 minutes.
6. Preheat the oven to 180°C/Gas Mark 4.
7. Sprinkle the pudding with walnuts and place the dishes in a roasting tin. Pour in water to come halfway up the dishes.
8. Bake in the oven for 20-30 minutes until just set. Allow to stand for 10 minutes before serving.

All recipe development on pages 114-117 © Stockfood, The Food Media Agency. Photography © iStockPhoto

48g Total fat | 18.3g Saturates | 0.3g Salt | 9.5g Sugar | 14.8g Protein



Carrot cake squares

GF

Makes **12-16 squares** | *Prep* **20 mins** | *Cook* **35-40 mins** | *Calories* **267** *(per square)*

FOR THE CAKE

150g (5oz) light brown sugar
112ml (4fl oz) sunflower oil
2 free-range eggs
100g (3½oz) carrot, peeled, grated
190g (7oz) ground almonds
60g (2oz) chopped walnuts
1 tsp ground cinnamon
¼ tsp bicarbonate of soda

FOR THE TOPPING

90g (3oz) cream cheese
30g (1oz) unsalted butter
finely grated zest of ½ an unwaxed lemon
150g (5oz) icing sugar

TO DECORATE

ground cinnamon
gluten-free marzipan carrots

1. For the cake, preheat the oven to 180°C/Gas Mark 4. Grease an 18x28cm (7x11in) baking tin and line the base and sides with non-stick baking paper.
2. Whisk together the sugar, oil and eggs until thick and creamy.
3. Stir in the carrots, almonds, walnuts, cinnamon and bicarbonate of soda.
4. Pour into the tin and smooth the top. Bake in the oven for 35-40 minutes, until a skewer inserted in the centre comes out clean. Cool in the tin for 10 minutes, then place on a wire rack to cool completely.
5. For the topping, beat together the cream cheese, butter and lemon zest until light and fluffy. Gradually sift in the icing sugar and beat until smooth.
6. Spread over the cake and cut into squares. Sprinkle with cinnamon and top each square with a marzipan carrot.

18.8g	3.6g	0.1g	19.2g	4.6g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Raspberry soufflé

GF

Serves **6** | *Prep* **20 mins** | *Cook* **25 mins** | *Calories* **279** *(per serving)*

500g (1lb 1oz) raspberries
325g (11oz) caster sugar
6 free-range egg whites
a pinch of salt
2-3 tbsp icing sugar
a few drops pink food colouring, optional

TO DECORATE

icing sugar
raspberries
gluten-free biscuits

1. Purée the raspberries and pass through a sieve to make about 200ml (7fl oz) purée.
2. Pour into a small pan, add 200g (7oz) sugar and bring to a boil, stirring until the sugar dissolves.
3. Reduce the heat and simmer gently for about 10 minutes, until a jam-like consistency. Set aside to cool.
4. Preheat the oven to 200°C/Gas Mark 6. Grease six individual soufflé moulds or ramekins and dust with icing sugar.
5. Whisk together the egg whites and salt, gradually adding the remaining sugar until shiny, stiff peaks form.
6. Gradually stir in the raspberry mixture and colouring if using.
7. Carefully spoon the soufflé mixture into the moulds. Bake in the oven for about 8 minutes, then reduce the oven temperature to 180°C/Gas Mark 4 and bake for a further 3-5 minutes, until the soufflés have risen well above the rim of the moulds.
8. Sift icing sugar over the tops and serve immediately with fresh raspberries and biscuits.

0.1g	0g	0.01g	61g	4.6g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

ON SALE
23 APRIL

Free-From HEAVEN

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Bank holiday dining

Make the most of the lazy long weekend with our delicious new free-from dishes

DAIRY-FREE DIET
Discover the ins and outs of going dairy-free

NATASHA CORRETT
The founder of Honestly Healthy talks clean eating

+

Best brunch recipes
Lunch on the go
Ask the experts

Photography taken from Greens 24/7 by Jessica Nadel, published by Apple Press
* Contents subject to change

Gluten-Free HEAVEN Bread

Bake yourself that perfect loaf...











Oat & molasses bread

By Grace Cheetham

GF DF EF MF V

Makes **a 900 (2lb) loaf** | *Prep* **20 mins** |
Cook **1 hr** | *Calories* **183** *(per slice)*

olive oil, for greasing

125g (4½oz) gluten-free porridge oats, plus extra for sprinkling

225g (8oz) bread mix (see right)

75g (2½oz) molasses sugar

1 tsp salt

½ tsp bicarbonate of soda

1 tbsp dried active yeast

FOR THE BREAD MIX

150g (5½oz) brown rice flour

60g (2¼oz) potato flour

60g (2¼oz) cornflour

50g (1¾oz) chickpea flour

50g (1¾oz) maize flour

1 tsp xanthan gum

1. For the bread mix, blend together the flours and xanthan gum.
2. Preheat the oven to 200°C/Gas Mark 6. Lightly grease a 900g (2lb) loaf tin with olive oil and line with baking parchment.
3. Put the oats into a food processor and process until finely ground.
4. Put the oats, bread mix, sugar, salt, bicarbonate of soda and yeast in a bowl and mix thoroughly. Pour 400ml (14fl oz) warm water into the flour mixture and beat for 1-2 minutes. Beat until the dough holds some shape, but is still soft enough to fall from the whisk, adding 1-2 extra tablespoons of warm water if it feels too stiff.
5. Spoon the dough into the tin and level the surface with the back of a metal spoon. Smooth the surface of the dough with the back of a wet spoon, repeating to cover the whole area. Sprinkle some oats over the top.
6. Bake for 20 minutes, then cover with baking parchment and bake for a further 40 minutes until the bread is golden brown. Transfer to a wire rack and leave to cool.

1.8g	0g	0.3g	7.7g	4.7g
Total fat	Saturates	Salt	Sugar	Protein

Recipe taken from *The Best Gluten-Free & Dairy-Free Baking Recipes* by Grace Cheetham, published by Nourish Books. (RRP £14.99).





Chickpea flatbread

GF SF DF EF MF V

Serves **4-6** | *Prep* **10 mins** |
Cook **25-30 mins** | *Calories* **127** *(per serving)*

150g (5oz) chickpea flour

450ml (16fl oz) water

2 tbsp basil leaves, chopped

5-6 sun-dried tomatoes, chopped

juice of 1 lemon

1 tbsp tahini

1 tbsp dried mixed herbs

salt and freshly ground black pepper, to taste

TO GARNISH

olive oil

coarse salt

1. Preheat the oven to 190°C/Gas Mark 5. Grease a 23cm (9in) round tin.
2. Put all the ingredients, except the sun-dried tomatoes, into a food processor. Blend until smooth.
3. Put the mixture into a bowl and stir in half the tomatoes.
4. Pour the mixture into the tin and arrange the remaining tomatoes on top. Bake in the oven for 25-30 minutes until the top is set and a skewer inserted in the centre comes out clean.
5. Drizzle with a little oil. Sprinkle with coarse salt and cut into wedges to serve.

3.1g	0g	0.1g	5.6g	6.3g
Total fat	Saturates	Salt	Sugar	Protein

Recipe development and food photography © Stockfood, The Food Media Agency



Soda bread

By Russell Brown (www.greatbritishchefs.com)

GF SF MF

Serves **6** | *Prep* **25 mins** |
Cook **25-35 mins** | *Calories* **316** *(per slice)*

330g (11oz) gluten-free flour, plus extra for dusting

100g (3½oz) gluten-free oats, plus extra to garnish

1 tsp sea salt, finely ground

20g (1oz) bicarbonate of soda

50ml (1¾fl oz) water

300ml (10½fl oz) buttermilk

4 free-range egg yolks

1. Preheat the oven to 180°C/Gas Mark 4. Place two small metal dishes on the metal shelf. Pour a cup of water into one dish and some more water in the other dish 5 minutes later.
2. Sift the dry ingredients into a large bowl, then. Mix the wet ingredients together in a separate bowl.
3. In the centre of the dry mixture, create a well and pour in the wet mixture. Keep the residual liquid in the jug to use later. Gently stir to combine, then transfer to a flat, clean work surface.
4. Shape the dough into a 20cm (8in) round. Sprinkle a baking tray with a little flour and place the dough on top.
5. Use the remaining liquid from the jug of wet ingredients as a wash on top of the loaf. You can add a small amount of water if need be. Sprinkle some oats over the top and cut a crisscross pattern in the dough.
6. Place in the oven and bake for 10 minutes. Reduce the temperature to 160°C/Gas Mark 2. Cook for a further 15-20 minutes until the loaf has slightly risen. The loaf should be firm to the touch when pressed in the centre.
7. Remove from the oven and cool on a wire rack.

5.5g	1.7g	1.4g	3.9g	9.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*



Buckwheat bread

By Frederique Jules, Jennifer Lepourte and Mitsuru Yanase

GF DF MF

Serves **6-8** | *Prep* **15 mins** *plus resting* |
Cook **35 mins** | *Calories* **288** *(per slice)*

435ml (15½fl oz) water

1 tbsp olive oil

1 tsp cider vinegar

3 free-range eggs

125g (4½oz) chickpea flour

50g (1¾oz) buckwheat flour

100g (3½oz) rice flour

125g (4½oz) tapioca starch

125g (4½oz) potato starch

2 tsp salt

1 tbsp sugar

3½ tsp xanthan gum

1 tbsp dried yeast

1. Mix together the water, oil, vinegar and eggs in a mixer. In another bowl, combine the flours, starches, salt, sugar and xanthan gum, then add the yeast. Add the dry ingredients to the wet and mix for 2 minutes on a low speed.
2. Pour the dough into a greased loaf tin, then smooth the surface with wet hands. Cover with a dry cloth and allow to stand for 30 minutes at room temperature. Preheat the oven to 180°C/Gas Mark 4.
3. Put the mixture into the tin and bake in the oven for 30-35 minutes. Turn the bread out immediately to prevent moisture condensing in the tin.
4. This bread is delicious with salads and other savoury dishes, or have it for breakfast.

4.8g	1g	0.6g	4g	7.2g
Total fat	*Saturates*	*Salt*	*Sugar*	*Protein*

Recipe taken from *Good Without Gluten* by Frédérique Jules, Jennifer Lepoutre & Mitsuru Yanase, photography by Akiko Ida, published by Murdoch Books. (RRP £14.99).



Table talk

Emma Goss-Custard

The Honeybuns' supremo talks to us about the ongoing success of her Dorset dream...



PASSED DOWN THROUGH THE GENERATIONS, I'd like to say my interest in gluten-free cooking was a brilliant example of business foresight, but the gluten-free aspect was a happy accident. My mum and my gran were both very proficient and innovative bakers. They were using naturally free-from ingredients such as ground almonds and polenta because of their wonderful textures and flavours. When coeliacs started asking me if the products could be guaranteed safe for them to eat, we made the decision to turn Honeybuns entirely gluten-free.



THE KEY IS EXPERIMENTATION

The biggest challenge of gluten-free baking is probably the fact that you do need to think outside the box a little bit. There are so many gluten-free flours out there and therefore infinite blends to be tried and tested. This can seem a little daunting, but at Honeybuns we embrace the opportunity to get stuck in and try things out. I love experimenting – the permutations are endless.

GLUTEN-FREE GLAMPING

During our special gluten-free 'glamping' weekends, our visitors are spoilt rotten! The Ark caravan itself has it's own tea making facilities and the Bee Shack gluten-free kitchen is available to be used and is very well equipped. There is a lovely welcome bag filled with local goodies – all gluten-free. We've been told the 'glamping' bathroom is simply gorgeous by all of our guests. We provide all bed linen, towels, equipment and appliances.

THE PERFECT CAKE

To get the best results from gluten-free cakes, ensure your gluten-free baking powder is in date and use it with half a teaspoon of bicarbonate of soda. With loaf cakes, a smaller loaf will generally rise and bake more evenly than a larger version. A lovely blend of flours for most 'sponge' like cakes is: ground almonds, sorghum and polenta or tapioca flour. You can mix and store your own in glass kilner jars.

DELICIOUS ALTERNATIVES

We use a lot of gluten-free alternatives to flour. I just love ground almonds, while my other go to essentials are ground almonds, sorghum flour, tapioca flour and polenta. We have also had great results with coconut, soya, milled pumpkin seed and sunflower seed flours. We create all of our own blends rather than buying off the shelf. This is because we find that each recipe needs a tailor-made flour blend for best results. Off the peg mixes are excellent general purpose flours, but would not be as good (in our opinion) as specifically tailored ones.



FUTURE PLANS

Our second cookbook will be out in the spring of 2016. We're currently halfway through the recipe creation process and then we'll swing into testing mode. Our Bee Shack Café will be open for drinks and gluten-free cakes on Saturday April 4. The online shop is also growing, with beautiful gifts as well as cakes being added this year.



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